

INFANT CARE DAILY TIMETABLE

Time	Routine / Activity
7:00 – 8:00 am	Arrival, health check & individual greetings
8:00 – 8:30 am	Milk / breakfast according to individual feeding schedule
8:30 – 9:00 am	Diaper changing & personal care
9:00 – 9:30 am	Morning sensory / exploratory play
9:30 – 10:00 am	Outdoor / gross motor activities
10:00 – 10:30 am	Milk feeding / individual feeding
10:30 – 11:00 am	Diaper changing & personal care
11:00 – 11:30 am	Music, movement & language interaction
11:30 am – 12:00 pm	Lunch / solids according to individual feeding plan
12:00 – 12:30 pm	Personal care & preparation for rest
12:30 – 2:30 pm	Nap / rest time
2:30 – 3:00 pm	Wake-up, diaper changing & personal care
3:00 – 3:30 pm	Milk feeding
3:30 – 4:00 pm	Individual / small-group developmental activities
4:00 – 4:30 pm	Free exploration / floor play
4:30 – 5:00 pm	Diaper changing & personal care
5:00 – 5:30 pm	Calm play, stories & interaction
5:30 – 6:30 pm	Milk / feeding as required, preparation for dismissal
6:30 – 7:00 pm	Departure & parent communication

Note: Infants, feeding, diapering and sleep will remain **individualised according to each child's routine and developmental needs**