

Baby Schedule

Morning Routine

- Wake Up
- Get Dressed
- Morning Exercise
- Breakfast
- Morning Drop-off
- Snack #1 (Optional)
- STEAM Play
- Sensory Play

Afternoon Routine

- Nap
- Lunch / Outdoor Time
- Snack #2 (Optional)
- Cognitive Play
- Music Play
- Afternoon Pick-up

Evening Routine

- Dinner
- Bath Time
- Language Play
- Read a Book
- Bedtime