

Week 3 Reading Assignment

*Steps for Creating Daily Schedules
for Infants and Toddlers*



Steps for Creating Daily Schedules for Infants and Toddlers

1. Gather information about each child's day.

Read the descriptions of the six children below and imagine that you are their primary and co-primary caregivers.

Dani is a young infant, two months old. She arrives around 7:30 a.m., takes a bottle shortly thereafter, then sleeps for about two hours. When she wakes up around 10:00 a.m., she takes a second bottle and stays awake for about two hours. At noon she is ready for another bottle followed by an hour or two of napping. When she wakes up, she likes to lie on the floor and stretch, wiggle, kick her legs, and wave her arms. Then she takes a final bottle before her Mom comes for her around 3:00 p.m.

Garth is ten months old. He arrives around 9:00 a.m. He stays awake most mornings, occasionally napping for 30 minutes or so late in the morning, and likes a mid-morning snack. He is eager to play and explore the room and is beginning to stand, hold on to furniture, and cruise from place to place. At 11:30 a.m., he eats baby food and feeds himself finger foods like Cheerios and crackers. He naps consistently from around 12:30 to 2:30 p.m. each day. After his nap, he wants a bottle in his caregiver's arms. Then he plays and explores until his mom comes for him around 4:30 p.m. He especially likes crawling into a large cardboard box his caregivers have provided.

Steps for Creating Daily Schedules for Infants and Toddlers (continued)

Lila is 20 months old. She arrives around 8:00 a.m., and her mom reads her two stories and then says goodbye. Lila's interests are water play, filling and dumping, looking at books, and painting. She stands unassisted but is still uneasy when running outside. Around 11:20 p.m. she begins to get hungry. She likes to feed herself and will eat just about anything. She usually gets tired around 1:00 p.m. and will sleep for one and a half hours. Upon waking she is hungry and likes to eat snack right away. After her nap she is very active and likes to climb and run around. She is picked up by her father at 5:00 p.m. and runs to greet him every day.



Steps for Creating Daily Schedules for Infants and Toddlers (continued)

Dustin is 26 months old. He is dropped off by his grandmother every day at 8:30 a.m. Upon arriving, Dustin looks for a couple of his friends and begins to play with them. He mainly likes to build with the blocks and pretend with his friends. He also likes cars, painting his hands, and stacking Duplos. He is normally hungry around 11:45 a.m. and consistently falls asleep around 1:30 p.m. for an hour. He is slow to wake up and likes to read a book on his cot after nap. He will eat a light snack but is then full of energy and likes to sing, dance, and move his body around. His mother picks him up at 5:45 p.m. sharp every day.

Grace is 30 months old. She arrives at 7:00 a.m. most mornings unless Dad goes into work later that day. She eats breakfast as soon as she comes in and likes to watch other children while she eats. Once she is finished eating, Grace usually goes straight to the house area and plays with the dolls. She likes to dress, feed, rock, and put the “baby” to bed. She also likes to play with play dough and pretend to make pizza and cookies. She usually gets hungry around 11:30 a.m. and is an early sleeper, starting her nap around 12:15 p.m. because she arrives so early. She will sleep for about an hour and 45 minutes and likes to get right up upon waking. In the afternoon, Grace is very active and likes to run, jump, and play with friends. She gets upset when her mother picks her up at 4:30 p.m. because she wants to continue to play.

Steps for Creating Daily Schedules for Infants and Toddlers (continued)

Aiden is 28 months old. Dad drops him off around 7:15 a.m. and he then eats breakfast. Aiden is slow to warm up so he usually will take a long time eating breakfast and watching the children. When he is finished eating he likes to sit on his primary caregiver's lap and read books. Then he is ready to get involved with the other children. He likes to play with play dough, build with Duplos, and push the large trucks around the block area. He normally is hungry around 11:30 a.m., but sometimes he gets hungry earlier depending on what time his dad drops him off in the morning. He falls asleep around 12:45 p.m. and will sleep for one and a half hours. After nap he is typically hungry, then wants to play. Again, he is slow to warm up upon waking and likes to sit on his caregiver's lap. His dad picks him up at 5:00 p.m. and reads two stories to him before they leave for the day.



Steps for Creating Daily Schedules for Infants and Toddlers (continued)

2. **Enter each child's information on a grid.** Fill in the time schedules for Dani, Garth, Lila, Dustin, Grace and Aiden, using the elements of the day (arrival, departure, feeding or mealtime, naptime, choice time).
3. **Look for activities among children that occur around the same time.** Look across the filled-out schedules of all six children. Based on this information, consider the following:
 - A. What patterns do you see emerging across all schedules?
 - B. When might it make sense to have choice time? Outside time?
 - C. When might it make sense to have a group time for the older infants and toddlers?
 - D. How might you work out feeding and mealtimes when children end up eating at the same time?
4. **Create an overall sequence of events.** Finally, write down what an overall daily schedule for these children might look like including arrival, departure, choice time, outside time, group time, feeding and mealtime, and naps. Bodily care will occur as needed so that will carry throughout the day. You may choose to have several choice times, outside times, and group times. (If there are two group times, for example, one may be for small numbers of children to explore materials and the other for a larger group to be engaged in movement and music activities.)

Grid for Recording the Typical Daily Schedules for Six Infants and Toddlers

Time	Dani	Garth	Lila	Dustin	Grace	Aiden
7:00 a.m.						
7:30 a.m.						
8:00 a.m.						
8:30 a.m.						
9:00 a.m.						
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4:30 p.m.						
5:00 p.m.						
5:30 p.m.						
6:00 p.m.						

