

SAMPLE DAILY ACTIVITY SCHEDULES OF PROGRAM OPERATIONS

TRADITIONAL CARE (7 a.m. – 6 p.m.)

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| 7:00 a.m. - 8:30 a.m. | Greeting children/parents/ breakfast /small group or independent activities |
| 8:30 a.m. - 9:00 a.m. | Diapering/clean-up |
| 9:00 a.m. - 9:30 a.m. | Circle time (songs, finger plays, sharing, music) |
| 9:30 a.m. - 10:30 a.m. | Free play/learning centers (blocks, puzzles, pegs, art) |
| 10:30 a.m. - 10:45 a.m. | Diapering/clean-up (snack) |
| 10:45 a.m. - 11:45 a.m. | Outdoor activities (neighborhood walks, water play, etc.) |
| 11:45 a.m. - 12:00 p.m. | Diapering/clean-up/lunch preparation (children may listen to soft music or a short video during lunch preparation) |
| 12:00 p.m. - 12:45 p.m. | Lunch |
| 12:45 p.m. - 1:00 p.m. | Diapering/clean-up |
| 1:00 p.m. - 3:00 p.m. | Nap/rest period (a quiet story may be read and/or soft music) |
| 3:00 p.m. - 3:30 p.m. | Diapering/clean-up/ snack |
| 3:30 p.m. - 4:30 p.m. | Outdoor activities |
| 4:30 p.m. - 6:00 p.m. | Table games/homework/preparation to go home |

NON-TRADITIONAL 23-HOUR CARE (7 p.m. – 6 p.m.)

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| 7:00 a.m. - 8:30 p.m. | Greeting children and parents/ dinner /small group and/or independent activities/homework |
| 8:30 p.m. - 9:00 p.m. | Diapering/free play |
| 9:00 p.m. - 9:15 p.m. | Story time/clean-up /diapering/rest period preparation |
| 9:15 p.m. - 6:00 p.m. | Rest period |
| 11:15 p.m. - 1:30 a.m. | Status Check |
| 1:15 a.m. - 1:30 a.m. | Status Check |
| 3:15 a.m. - 3:30 a.m. | Status Check |
| 5:15 a.m. - 5:30 a.m. | Status Check |
| 6:00 a.m. - 7:00 a.m. | Status Check (take children to the bathroom, diapering, etc.) |
| 7:00 a.m. - 8:30 a.m. | Getting dressed for parents to pick up/school/ breakfast |
| 8:30 a.m. - 9:00 a.m. | Free play and/or independent activities |
| 9:00 a.m. - 9:30 a.m. | Circle time (songs, finger play, sharing, music) |
| 9:30 a.m. - 10:30 a.m. | Learning centers (blocks, puzzles, pegs, art, books, dramatic play) |
| 10:30 a.m. - 10:45 a.m. | Diapering/clean-up/ snack |
| 10:45 a.m. - 11:45 a.m. | Outdoor activities (neighborhood walks, water play, etc.) |
| 11:45 a.m. - 12:00 p.m. | Diapering/clean-up/(children may listen to soft music or a short video during this time of lunch preparation) |
| 12:00 p.m. - 12:45 p.m. | Lunch |
| 12:45 p.m. - 1:00 p.m. | Diapering/clean-up |
| 1:00 p.m. - 3:00 p.m. | Nap/rest period (a quiet story can be read and/or soft music) |
| 3:00 p.m. - 3:30 p.m. | Diapering/clean-up/ snack |
| 3:30 p.m. - 4:30 p.m. | Outdoor activities |
| 4:30 p.m. - 6:00 p.m. | Free play/games/homework/clean-up/preparation to go |
| 6:00 p.m. - 7:00 p.m. | Closed |

Pursuant to 5A DCMR 146.2 Chapter 1 - Each facility shall adhere to the infant sleep and play positions. Additionally, each facility shall follow the requirements for rest and sleep (5A DCMR 160.4). Staff is to monitor sleeping children at least once every three hours and maintain a written log of this monitoring. Also, children shall be supervised while at the facility by responsible staff and volunteers who can see and hear the children supervised at all times including but not limited to when they are napping or sleeping, on the playground, on field trips, on vehicular and non-vehicular excursions, and during all water activities and water play activities (5A DCMR 120.1).