



# NIDO

## Mobile Infants/Young Toddlers Approximately 8-18 Months

### FLOW OF THE DAY

This is a guideline. It is open to ideas from the children and is set up to promote learning through play and exploration. There are NO strict time frames.

<b>7:00-9:00</b>	ARRIVALS/GREETINGS/INDEPENDENT PLAY
<b>7:50-8:10</b>	BREAKFAST
<b>9:00-9:15</b>	MORNING CIRCLE, GROUP STORIES, ACTION SONGS, FINGER PLAYS
<b>9:15-10:45</b>	MORNING BOTTLES, PRESENT A VARIETY OF OPEN-ENDED PLANNED MORNING IDEAS: *Music And Movement (Songs, Stories, Finger Plays) *Large Motor Activities *Creative Expression, Art, Sensory Activity
<b>9:45-10:15</b>	MORNING SNACK
<b>10:45-11:15</b>	OUTSIDE/BUGGY RIDE
<b>11:15-12:00</b>	LUNCH
<b>12:00-12:30</b>	LUNCH BOTTLES, ORAL HYGIENE, DIAPER CHECKS & CHANGES
<b>12:30-2:45</b>	REST-TIME
<b>2:45-3:15</b>	AFTERNOON SNACK
<b>3:15-4:30</b>	AFTERNOON BOTTLES, PRESENT A VARIETY OF OPEN ENDED PLANNED AFTERNOON IDEAS: *Music And Movement (Songs, Stories, Finger Plays) *Large Motor Activities *Creative Expression, Art, Sensory Activity
<b>4:30-5:00</b>	OUTSIDE/BUGGY RIDE
<b>5:00-6:00</b>	QUIET IDEAS/EXPLORATION

#### Notes:

- All ideas are adjusted for developmentally appropriateness depending on age and development.
- Routines are consistent but time frames are flexible.
- Outside time at least once per day but we aim to go out twice.
- Diapers are checked every hour and changed as needed.