



## Infant Home Schedule

### Morning:

Routine Care (feeding, diapering, sleeping)  
Self-directed activities (fine motor, gross motor, sensory, language)

### Mid-Morning:

Planned play: parent-directed activities  
Self-directed activities  
Nap  
Routine Care (feeding, diapering, sleeping)  
Play (gross motor and fine motor)  
Story Time (9:00-9:15)

### Late Morning:

Lunch  
Nap  
Clean-up after lunch  
Planned play: Parent-directed activities  
Self-directed activities (fine motor, gross motor, sensory, language)

### Early Afternoon:

Wake-up from Nap  
Routine care (feeding, diapering)  
Planned play: parent-directed activities  
Self-directed activities  
Story Time (2:00-2:15)

### Mid-Afternoon:

Routine care (feeding, diapering)  
Nap  
Planned play: parent-directed activities for some  
Self-directed activities (fine motor, gross motor, sensory, language)

### Late Afternoon:

Routine care (feeding, diapering)  
Self-directed activities (fine motor, gross motor, sensory, language)  
Play (gross motor and fine motor)