



BedRock Preschool

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## Infant / Toddler Home Schedule (Recommended, adapt it to what works best for you)

8:30 am - 9:00 am	Free Play	Check BedRock's Website, under "Resources" for ideas
9:00 am - 9:30 am	Breakfast/ Morning Snack	
9:30 am - 10:00 am	Circle Time/ Morning Greeting/ Finger Play/ Story Time	Check Tadpoles for videos
10:00 am - 10:30am	Milk/ Bottle/ Diaper Change	
10:30 am - 11:00 am	Movement/ Gross Motor Activity/ Free Play	Check Tadpoles for videos
11:00 am -11:30 am	Art Activity/ Fine Motor Activity	Check Tadpoles for videos
11:30 am - 12:00 pm	Lunch/ Diaper Change	
12:00 pm - 2:00 pm	Nap Time	
2:00 pm - 2:30 pm	Milk/ Bottle/ Diaper Change	
2:30 pm - 3:00 pm	Nursery Rhymes/ Story Time	Check Tadpoles for videos
3:00 pm - 3:30 pm	Afternoon Snack	
3:30 pm- 4:30 pm	Outside Walk/ Indoor Gross Motor Activities	Weather Permitted or Indoor Activities
4:30 pm	Milk/ Bottle/ Diaper Change	
4:30 pm - 5:30 pm	Movement/ Gross Motor Activity/ Free Play	Check BedRock's Website, under "Resources" for ideas
5:30 pm - 6:00 pm	Dinner Time	
6:00 pm - 6:30 pm	Bath Time	
6:30 pm - 7:00 pm	Family Time/ Bedtime Story	Check BedRock's Website under "Resources" for ideas
7:00 pm - 7:30 pm	Time for Bed/ Sweet Dreams	