

We Skoolhouse



INFANT SCHEDULE GUIDE: HOME



ESTABLISHING YOUR SCHEDULE



Cultivating a structured schedule provides children with a feeling of predictably, reliability, and safety in their day-to-day experiences. While the overall skeleton of the week is structured and predictable (meal time, outdoor times, rest time, etc.) the time within each event provides far greater flexibility and child-centered experiences. **Some tips to keep in mind:**

- **Establish Consistent Routines:** Consistency is key in establishing predictable routines for activities and events, as it provides a sense of security and structure for young children, helping them feel safe and confident in their environment.
- **Reduce Transitions:** Minimizing the number of transitions throughout the day allows children to have longer, uninterrupted periods of engagement in activities. By reducing the need to "shift gears" frequently, children can better focus their attention and fully immerse themselves in their experiences.
- **Prioritize Outdoor Time:** Outdoor play is essential for children's physical, cognitive, and socio-emotional development. Incorporating ample outdoor time into the daily schedule provides children with opportunities to explore nature, engage in active play, and experience sensory-rich stimuli, fostering holistic development and a love for the outdoors.
- **Promote Autonomy in Exploration:** Encouraging autonomy in children's exploration and play with materials empowers them to follow their interests, make choices, and take ownership of their experiences. Providing open-ended materials and allowing children to freely explore different areas in and out of the home promotes creativity, problem-solving skills, focus, and independence.
- **Offer Flexibility and Adaptability:** While consistency is important, it's also essential to remain flexible and responsive to the needs of individual children. Being attuned to children's cues and adjusting the schedule accordingly ensures that their developmental needs are met and supported.



INFANT SCHEDULE

SAMPLE DAILY SCHEDULE - INFANTS



Wake-up & Morning Routines (Diapering & Breakfast)

Story & Playtime

Morning Nap

Diapering & Feeding

Outdoor Exploration

Afternoon Nap

Diapering & Feeding

Story & Playtime

Evening Nap (Depending on Age)

Evening Routines (Bath, Diapering, & Dinner)

Bedtime Story & Sleep

SAMPLE WEEKLY SCHEDULE - INFANTS

Monday	Tuesday	Wednesday	Thursday	Friday
Wake-up & Morning Routines (Diapering & Breakfast)				
Story & Playtime (About 5-10 minutes depending on age & stage of development)				
Morning Nap (1-2 hours depending on age & stage of development)				
Diapering & Feeding (Approximately 45 minutes to 1 hour depending on age & stage of development)				
Outdoor Exploration (Approximately 30 minutes depending on age & stage of development)				
Afternoon Nap (1-2 hours depending on age & stage of development)				
Diapering & Feeding (Approximately 45 minutes to 1 hour depending on age & stage of development)				
Story & Playtime (About 10 minutes depending on age & stage of development)				
Evening Nap-time (1-2 hours depending on age & stage of development)				
Evening Routines (Dinner, Bath, & Diapering)				
Bedtime Story & Sleep - Goodnight!				





DAILY EVENTS & ACTIVITIES

Wake-up & Morning Routines sets a positive tone for the day and fosters bonding between parents and their baby. Upon wake-up, gently lift your baby from their crib and engage in a little cuddle time, offering comforting strokes and gentle kisses to convey love and security. This intimate moment provides an opportunity for parent-child connection and sets the stage for a calm and reassuring morning.

Following cuddle time, transition to the practical aspects of the morning routine by attending to your baby's basic needs, starting with a diaper change. This routine task not only promotes hygiene but also provides an opportunity for gentle interaction and communication with your baby.

After the diaper change, move on to breakfast time, offering a nutritious meal tailored to your baby's age and stage of development. Whether breastfeeding or bottle-feeding, or introducing solid foods, breakfast serves as a nourishing start to the day, fueling your baby's growing body and supporting their overall health and well-being.



Nap-time at home for infants is a vital component of their daily routine, providing much-needed rest and rejuvenation for both body and mind. Establishing a consistent nap schedule helps infants regulate their sleep patterns and ensures they receive the restorative rest essential for healthy growth and development. As caregivers, creating a conducive environment for naptime is crucial, with factors like dim lighting, a comfortable sleep surface, and a peaceful atmosphere contributing to a restful sleep experience.



Transitioning from three to two nap times at home typically occurs around the age of 9 to 12 months, signaling an important developmental milestone for your infant. This transition requires careful observation of your baby's sleep cues and patterns, as well as gradual adjustments to their daily routine. Start by gradually extending the morning wake window, allowing your baby to stay awake a bit longer before their first nap. This adjustment helps prevent them from becoming overtired and eases the transition to a new nap schedule.

Aim to schedule the first nap around mid-morning and the second nap in the early afternoon, aligning with your baby's natural circadian rhythms. Maintaining consistency and predictability in the nap-time routine can help your baby adjust more smoothly. Pay close attention to their responses during this transition period, providing additional support and comfort as needed. Collaborating with your partner or other caregivers ensures consistency between home and daycare or other routines. By closely monitoring your baby's sleep cues and collaborating with others involved in their care, you can navigate this transition with confidence and support your baby's healthy sleep habits at home.

Outdoor Exploration is a delightful adventure that offers numerous benefits for their development and well-being. Whether it's listening to the chirping of birds during a nature walk, feeling the grass beneath them on an open field, or experiencing the thrill of swinging on playground equipment, outdoor play engages all of your infant's senses and stimulates their curiosity about the world around them.

Spending time outside exposes infants to a rich array of sensory experiences that cannot be replicated indoors, therefore you should try to get outside as much as possible.. The sights, sounds, smells, and textures of the natural environment fosters cognitive development and enhances their sensory awareness. The calming effects of nature help regulate stress hormones, promote relaxation, and encourage positive social interactions between infants and their caregivers.

In addition to stimulating their senses, outdoor exploration also supports infants' physical development and overall health. Sunshine provides a natural source of vitamin D, essential for bone health and immune function, while fresh air promotes respiratory health and oxygenates the blood. Engaging in physical activities like crawling on grass, climbing on playground equipment, and exploring uneven terrain helps infants develop gross motor skills, balance, and coordination.





Playtime at home is a precious opportunity for exploration and learning for little ones. It's essential to create a nurturing environment that encourages sensory exploration and supports your baby's developmental milestones. Incorporating tummy time into play routines is strengthens neck, back, and shoulder muscles, laying the foundation for future motor skills. However, it's essential to follow your infant's cues during tummy time, providing gentle encouragement and support as needed, and gradually increasing the duration as they grow more comfortable.

For mobile infants, creating a "yes space" is key to fostering independent exploration and ensuring their safety. Designate an area of your home where your infant can move freely and explore their surroundings without restriction. Remove any potential hazards and provide developmentally-appropriate toys and materials that encourage sensory exploration and stimulate their curiosity. By creating a safe and stimulating environment, you empower your infant to explore and learn at their own pace while providing peace of mind for caregivers.

Remember that repetition of experiences and materials is vital during the infant years, as it helps reinforce learning and build neural connections in your baby's developing brain. Therefore you can feel confident not offering your baby new materials and activities frequently. A few open-ended materials or toys can go a really long way. Remember, everything is brand new to your baby, therefore they need sufficient time to construct meaning, build memory and attention skills, and gain a sense of mastery.

Story Time is not just a pleasant pastime; it's a powerful learning tool with far-reaching benefits. Integrating story time as a segue before or after a nap time can be particularly effective, providing children with a calming transition and an opportunity to unwind or re-energize. The cozy, intimate atmosphere created during story time fosters positive associations with books and reading. Along with reading books aloud, keep books accessible for consistent exposure and independent exploration. By incorporating story time into the daily routine in this manner, parents can maximize its potential as both an educational and emotional experience for children, promoting comfort, joy, and a love for reading.



Evening Routines for your infant is essential for a smooth transition from playtime to bedtime. This routine typically includes dinner, bathing, and diapering, each playing a crucial role in preparing your baby for a restful night's sleep. Start the evening routine with dinner, offering a nutritious meal tailored to your baby's age and stage of development. Whether breastfeeding or bottle-feeding, or introducing solid foods, dinner serves as a comforting and nourishing end to the day, providing your baby with the nutrients they need for growth and development.



Following dinner, incorporate bathing into the routine, aiming for a warm and soothing bath that helps your baby relax and unwind before bedtime. Bathing frequency may vary depending on your baby's age and individual needs, but generally, infants can benefit from a bath two to three times per week. After bathing, complete the evening routine with diapering and cozy pajamas - swaddle them snugly if desired, creating a warm and secure environment that signals it's time for sleep. Incorporate calming activities such as gentle rocking, cuddling, or reading a bedtime story to help your baby wind down and prepare for sleep. By establishing a consistent evening routine you create a sense of predictability and security for your baby, setting the stage for a restful night's sleep and promoting overall well-being.