

A Typical Day for Infants and Toddlers at PIC

8:00-10:00 Morning Invitations- This includes **exploring Loose Parts** such as fabric and boxes, magnetiles or clear-colored glasses on the light table, tape markers to small cars and drive them across paper to create a masterpiece, **counting** with wooden clothespins and tin buckets, small bags in the dramatic play area for filling and dumping small scarves, inserting pipe cleaners into a metal colander, placing colorful bottle caps or pouch tops in muffin tin to sort and count, **sensory activities** such as setting up a tray with shaving cream and adding small cars, animals or other small objects around the house to explore, making playdough with your child (most teachers have shared their famous playdough recipe) adding plastic knives for cutting and coffee filters and candles for birthday cakes, sensory bags filled with shaving cream and food coloring, **exploring sound** by placing kitchen utensils (metal and wooden) with pots together to produce and differentiate sound, **reading books** with teachers in small groups and **building** with blocks and diplos.

Diapering and Toileting happen as needed and every two hours in both the infants/young toddler and the older toddler classrooms. There is a time after AM snack when the children are all checked and diapers are changed and in the toddler room toileting is encouraged before heading outside for gross motor play. In fostering independence, the older toddlers are encouraged to pull their pants up and down when toilet learning..

9:15-10:30 AM Snack is served/offered- Infants/Young toddlers eat closer to 9:15 and the older Toddlers eat closer to 10:00. All children eat family style. In the Infant/Young toddler rooms, the teachers serve the children. In the older toddler rooms, the children are encouraged to serve themselves. The children decide what and how much to eat but all components of the meal are offered. This goes for liquids as well. We provide a small pitcher so your toddler can pour their own milk and water.

Morning Meeting- Depending on the classroom, Morning Meeting is held at either 10:00 or 10:30. During meeting time, there is song singing, story telling, flannel board stories, fingerplays, stretching and yoga moves for toddlers and reading books related to the study. Some classrooms are sending Youtube videos in the daily email and others are conducting morning meetings via Zoom.

11:00-12:00 Outdoor/Gross Motor Explorations- On a rainy day get geared up and go out jump and splash in puddles, take a walk to the bio pond or your neighborhood park to search for flowers, rocks and small creatures (observe social distance). Take some sidewalk chalk out for drawing and if you have masking tape or painters tape, tape lines down, color in the shapes with your child, pull the tape off the ground when you're done and see a batik.

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12:00-1:00 Lunch All children eat family style. In the Infant/Young toddler rooms, the teachers serve the children. In the older toddler rooms, the children are encouraged to serve themselves. The children decide what and how much to eat but all components of the meal are offered. This goes for liquids as well. Having a small pitcher so your toddler can pour their own milk and water.

Let me tell you, Adam began eating less about two weeks ago. No matter what we gave him, he refused to eat. We began to worry because he was a pretty good eater in the Moonbeam room. We allowed him to make his plate and serve himself at every meal and he's back to eating like a champ. The ¼ cup and ½ cup are perfect for serving!

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1:00-3:00 Nap/Rest Time At PIC during naptime, soft music is played and the teachers pat or rub the children's backs to relax and help them get off sleep or simply sit next to them until they fall asleep.

3:00-3:30 PM Snack served/offered- Upon waking up, the older toddlers are encouraged to help put away their nap linens. At home, you could encourage your child to help fold their blanket on their bed. All children eat family style. In the infant/young toddler rooms, the teachers serve the children. In the older toddler rooms, the children are encouraged to serve themselves. The children decide what and how much to eat but all components of the meal are offered. This goes for liquids as well. Having a small pitcher so your toddler can pour their own milk and water.

Diapering and Toileting happen as needed and every two hours in both the infants/young toddler and the older toddler classrooms. There is a time after PM snack when the children are all checked and diapers are changed and in the toddler room toileting is encouraged before heading outside for gross motor play. In fostering independence, the older toddlers are encouraged to pull their pants up and down when toilet training.

4:00 PM Afternoon Meeting

4:30-6:00 PM Afternoon Invitations, Free Choice/Outdoor Gross Motor Explorations

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Family Resources

<http://www.communityplaythings.com/resources/articles/2020/be-grateful-for-bored-children>

<https://www.nytimes.com/2020/04/03/parenting/kids-independent-play-coronavirus-quarantine.html>

<https://www.nytimes.com/guides/well/mindfulness-for-children>