

Sample Schedule for FCCH

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| 6:00 – 9:00 | Arrival, greeting, handwashing, free choice with all materials available Diapers are checked every two hours and changed as needed |
| 9:00 – 9:30 | Handwashing and breakfast |
| 9:30 – 9:40 | Circle time |
| 9:40 – 11:00 | Free choice with all materials available; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed |
| 11:00 – 11:45 | Outside play with gross motor activities |
| 11:45 – 12:30 | Handwashing and lunch |
| 12:30 – 2:30 | Cots down, quiet activities, diaper check/change, and nap |
| 2:30 – 3:00 | Handwashing and snack |
| 3:00 – 4:00 | Free choice with all materials available; small group activities are offered, such as: music & movement, art, informal reading, math, science, sensory activities, etc. Diapers are checked every two hours and changed as needed |
| 4:00 – 5:00 | Outside play |
| 5:00 – Closing | Indoor quiet activities |

- Diapers are checked every two hours and changed as needed
- Hands are washed with soap and running water upon arrival, after outside play, after toileting, and before and after meals/snacks