

Sample Schedule for FCCH

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