



Early Infant - Six weeks to Walking "On-Demand" Schedule

A typical day in the life of Megan, age 5 months:

Diapers and food are given on-demand.

- 7:00 a.m. Visit lactation station with mom for nursing and a short nap.
- 7:30 Song time in Penny's lap while everyone sings the Itsy Bitsy Spider and other songs.
- 8:00 Touch different objects and explore textures.
- 8:30 Naptime
- 9:15 Morning snack: A bottle of breast milk warmed in a crock pot
- 10:30 Naptime
- 11:15 Mid Morning snack: $\frac{1}{2}$ a bottle of breast milk
- 12:00 p.m. Storybook time - "Goodnight Moon"
- 12:30 Lunchtime: A bottle of breast milk
- 1:00 Naptime
- 2:00 Puppets and Finger Play - "Where is Thumpkin?"
- 4:30 Storybook time - "Brown Bear, Brown Bear"
- 5:00 Good night!