



SSMU Daycare

Tel: (514) 398-8590 | daycare.ssmu.ca

3600 McTavish St., Suite 1200

Montréal, QC H3A 0G3

DAILY SCHEDULE

Activities and Routine (general sample)

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|-------------------------|--|
| 7 am | <ul style="list-style-type: none">● Arrival of the Director, and the Educators● Drop-off period and communication with parents |
| 7-9 am | <ul style="list-style-type: none">● Greetings● Free Play● Clean-up |
| 9-9:30 am | <ul style="list-style-type: none">● Diaper Changes (as needed)● Toileting● Hand-washing● Snack Preparation |
| 9:30-10 am | <ul style="list-style-type: none">● Snack Time/Feeding (bottles)● Preparation for outdoor play |
| 10-10:30 am | <ul style="list-style-type: none">● Outdoor Play (weather permitting) or Gross-Motor Play Indoors |
| 10:30-10:45 am | <ul style="list-style-type: none">● Diaper Changes (as needed)● Toileting● Hand-washing |
| 10:45am-11:30 am | <ul style="list-style-type: none">● Small Group Activity (planned)<ul style="list-style-type: none">○ Circle Time○ Sensory Play○ Games○ Song○ Stories○ Art● Hand-washing● Lunch Preparation |
| 11:30am-12 pm | <ul style="list-style-type: none">● Lunch Time/Feeding (bottles) |
| 12-12:15 pm | <ul style="list-style-type: none">● Diaper Changes (as needed)● Toileting● Hand-washing |
| 12:15pm-12:45 pm | <ul style="list-style-type: none">● Quiet Games● Stories● Nap preparation/Prepare Bottles (as needed) |



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|----------------------|--|
| 12:45-2:45 pm | <ul style="list-style-type: none">● Nap Time |
| 2:45-3 pm | <ul style="list-style-type: none">● Progressive wake-up● Quiet Time/Games● Diaper Changes (as needed)● Toileting● Hand-washing● Snack Preparation |
| 3-3:30 pm | <ul style="list-style-type: none">● Snack Time/Feeding (bottles) |
| 3:30-3:45 pm | <ul style="list-style-type: none">● Hand-washing● Clean Eating area |
| 3:45-4:45 pm | <ul style="list-style-type: none">● Prepared Activity and/or Free Play<ul style="list-style-type: none">○ Table Top Games, Puzzles○ Art○ Play dough○ Block Play○ Books |
| 4:45-5 pm | <ul style="list-style-type: none">● Diaper Changes (as needed)● Toileting● Hand-washing● Preparation for outdoor play |
| 5-5:30 pm | <ul style="list-style-type: none">● Outdoor Play (weather permitting) or Gross-Motor Play Indoors |
| 5:30-5:45 pm | <ul style="list-style-type: none">● Diaper Changes (as needed)● Toileting● Hand-washing |
| 5:45-6 pm | <ul style="list-style-type: none">● Free play in activity areas● Preparation for departures |
