

Fulfilled Destiny Day Care

Daily Schedule (6:00 AM – 12:00 AM)

Time	Activity
6:00 AM – 7:00 AM	Arrival, Health Check, Free Play & Learning Centers
7:00 AM – 7:30 AM	Morning Circle Time, Greetings & Calendar
7:30 AM	Snack (Early Arrivals if Needed) / Music: Sing & Play #1
8:00 AM	Breakfast
8:30 AM	Potty Break & Diaper Change
9:00 AM	Math & Science Exploration (Morning Session)
9:30 AM	Story Time & Sensory Activities
10:00 AM	Morning Nap / Quiet Rest Time
11:30 AM	Wake-Up, Potty Break & Diaper Change
12:00 PM	Lunch
12:30 PM	Outdoor Play / Gross Motor Activities
1:00 PM	Art Activity #1
1:30 PM	Clean-Up Time
2:00 PM	Potty Break & Diaper Change
2:30 PM	Story Time & Sensory Activities
3:00 PM	Afternoon Nap / Quiet Rest
4:30 PM	Wake-Up, Stretching & Free Play
5:00 PM	Dinner
5:30 PM	Potty Break & Diaper Change
6:00 PM	Math & Science Exploration (Evening Session)
6:30 PM	Art Activity #2
7:00 PM	Music: Sing & Play #2
7:30 PM	Snack
8:00 PM	Evening Nap / Quiet Rest
9:30 PM	Wake-Up, Potty Break & Diaper Change
9:45 PM	Story Time & Sensory Activities
10:00 PM	Clean-Up & Independent Quiet Play
10:30 PM	Wind-Down Activities, Puzzles & Books
11:30 PM	Final Potty Break & Diaper Change
12:00 AM	Center Closes

Routine Reminders

Potty & Diaper Changes (Every 2 Hours)

- 8:30 AM
- 11:30 AM
- 2:00 PM
- 5:30 PM
- 9:30 PM
- 11:30 PM

Story & Sensory Time (Every 3 Hours)

- 9:30 AM
- 2:30 PM
- 5:30 PM (can be combined with sensory stations before dinner if preferred)
- 9:45 PM

Clean-Up Time (Every 3 Hours)

- 10:30 AM (after morning activities)
- 1:30 PM
- 4:30 PM (after nap)
- 7:30 PM (after snack)
- 10:00 PM

Meals

- **Breakfast:** 8:00 AM
- **Lunch:** 12:00 PM
- **Dinner:** 5:00 PM
- **Snack:** 7:30 PM

Naps

- **10:00 AM**
- **3:00 PM**
- **8:00 PM**

Educational Activities

- **Math & Science:** 9:00 AM and 6:00 PM
- **Music, Sing & Play:** 7:30 AM and 7:00 PM
- **Art:** 1:00 PM and 6:30 PM

This schedule provides a balanced day of learning, meals, rest, creative expression, and routine care while supporting children's developmental needs throughout your extended operating hours.

