





12-18 months

Daily SCHEDULE

great summer



1. Morning Routine


- 05:00 a.m. MILK 
- 07:00 a.m. WAKE UP & GET READY & MILK
- 07:40 a.m. **OUTDOOR ACTIVITIES, BEACH** 
- 09:30 a.m. BREAKFAST, SELF-FEEDING PRACTICE
- 10:00 a.m. **INDOOR ACTIVITIES**
- 10:50 a.m. SNACK
- 11:00 a.m. MORNING NAP TIME

2. Afternoon Routine

- 12:30 p.m. LUNCH
- 01:30 p.m. **INDOOR ACTIVITIES**
- 02:30 p.m. SNACK
- 03:30 p.m. AFTERNOON NAP TIME
- 04:30 p.m. SNACK
- 04:45 p.m. **OUTDOOR ACTIVITIES**



3. Evening Routine

- 06:00 p.m. DINNER
- 06:45 p.m. **OUTDOOR EVENING ACTIVITIES**
- 07:30 p.m. BATH TIME
- 07:50 p.m. GETTING READY FOR BED
- 08:00 p.m. BEDTIME STORY & MILK
- 08:30 p.m. GOODNIGHT! 



Must-Do DAILY ACTIVITIES

MUSIC & EXERCISE

1. Nursery Rhymes
2. Musical toys
3. Walking practice

GROSS MOTOR

1. Chasing Bubbles
2. Ball Activities
3. Playground

LANGUAGE & LITERACY

1. Baby Books
2. Reading together

SIMPLE MATH

1. Shape sorters

FINE MOTOR

1. Opening/Closing bottles, scribble
2. Self-feeding
3. Holding toys

SENSORY

1. Sensory Activities
2. Light Activities

PRACTICAL LIFE

1. Helping with laundry
2. Dusting
3. Self-feeding

SNACK    

Time slots
WORK & REST

NAP TIME

2 Hours

8.30 PM -
11.30 PM

3 Hours