



TEACHING TINIES

Daily Activity Schedule for 2-A-Day Napper

This is a guide to build your baby's schedule around playing, learning and solid naps.
These times are approximations.

Please offer feedings and naps according to your baby's cues.

7 am – Rise and Shine!

Start your day within the same 30-minute block each day

Awake Time: 2-3 hours

Good mornings, change diaper

7:10 am – In a different room, milk feeding and morning snuggles

Floor Learning - Stack blocks and count, play with puzzles and label animals/sounds, mommy and me imitation (motor movements and sounds), motor strengthening (picking up, pulling or pushing toys)

Baby Exercise - Practicing tummy time, sitting, crawling, pulling up

Breakfast (Solids) - Talk about food while making breakfast and feeding

Music - Sing and dance, practice motions to songs

9:10 – Nap routine

9:20 – Baby in crib awake

9:30 am - Nap (1-2 hours)

Awake Time: 2.5-3.5 hours

11 am - Wake up, change diaper

In a different room, milk feeding

Sensory Learning - Baby play time with items of different textures, temperatures, sizes

- Examples: Rice bin, ice cubes, water tray, silk scarves, beaded necklaces

Social Learning - Look at and label pictures or Facetime relatives

Lunch (Solids) - Talk about food while making lunch and feeding

Fresh Air - Go on a walk, let baby sit in the grass, play in a swing

1:40 pm – Nap routine (May need a milk feeding here to make it through nap)

1:50 pm – Baby in crib awake

2 pm - Nap (1-2 hours)

Awake Time: 3-4 hours

3:30 pm - Wake up, change diaper

In a different room, milk feeding

Floor Learning Round 2

Fresh Air and Sensory Play - Go on a walk, let baby sit in the grass, play in a swing, water bin, sand

Independent Play and Music - Play mat or floor play, music playing, singing and dancing

6 pm – Dinner with family

6:40 pm – Bedtime routine begins (bath, diaper, lotion, jammies, bottle, book, song)

7 pm – Baby in crib awake

7:15 pm – Good Night! (11-12 hours)

Bedtime may need to be earlier depending on quality of naps

May need 1 night feeding