

# Routines in Family Child Care Homes

<b>Block of Time</b>	<b>Activity</b>
<b><i>Arrivals and Greeting</i></b>	Greet children individually. Take notice of any change in pick-up/drop-off persons. Operator conducts morning health inspection.
<b><i>Free Play</i></b>	Children participate in activities of their choice. Operator interacts in these activities, providing guidance when needed to ensure positive, developmentally appropriate experiences.
<b><i>Clean-Up</i></b>	Give children advance notice that clean-up time is approaching. Suggest they complete their activities. Help children clean-up and encourage children to participate.
<b><i>Toileting</i></b>	Take children who have finished cleaning to the bathroom to wash hands before morning snack and breakfast.
<b><i>Snack or Breakfast</i></b>	Operator sits with children and helps them with eating. Children are encouraged to talk with the other children and operator while they are eating. The operator plans the menu to meet the nutritional needs of children.
<b><i>Group Time</i></b>	Informal discussions, show-and-tell, story time, presentation of concepts, special visitors, songs and music, group games, finger plays, etc.
<b><i>Organized Free Play</i></b>	Children move freely into activities set-up to provide them opportunities for creative and dramatic play. Some activities are pre-planned. Staff must be prepared to help develop skills by observing the needs of children and providing materials, suggestions, and encouragement.

<b>Block of Time</b>	<b>Activity</b>
----------------------	-----------------

---

**Clean up**

**Toileting**

---

**Outside Time**

Operator is responsible for seeing that all children are dressed appropriately for the weather. Supervise transition from inside to outside. Plan activities to take place outdoors for children who wish to participate. Carefully supervise children while at the same time interacting and playing with them. Follow the children's lead.

---

**Toileting**

**Lunch**

Children serve themselves "home style" under supervision of the operator. Operator models good manners. Let the children relax and enjoy their food. Practice and encouragement will help the child develop the skills needed for good table manners. Small servings of food with seconds, if desired, is encouraged.

---

**Rest Time**

Each child scrapes his plate and places the used dishes in a designated place. Take children to the bathroom for toothbrushing and toileting.

The operator sits with children and comforts them until they all settle down. Certain chores may be completed during this time, including cleaning toys and developing activity plans.

---

**Snack**

**Toileting**

---

**Outdoor Time or Free Play  
Departure**

The operator prepares children for leaving and are available to talk with parents as they pick-up children.