

Rhythm of the Toddlers' Day at The Children's Center of Burke Rehabilitation Hospital

I have been asked many times for a schedule of our day and I always remain conflicted over the separate concepts of what adults consider a schedule and how toddlers learn the structure of their world. Toddlers have little to no concept of time, clocks or schedules. They understand events and are beginning to recognize patterns in the world around them. They learn through consistent, repetitive steps and revolve their days around monuments of rituals. "Mommy will pick you up at 5:pm" won't translate into toddler talk. Saying instead "Daddy will pick you up after you've had your juice pop" is concrete and links a predictable event to your child to something for which they may need to wait. For this reason, I leave off times and introduce you to our rhythm.

Arrivals

Food Tasting

Music Time

Half of the Class goes outdoors and the other half continues the work period

The second half of the class goes outdoors and the first half comes back inside to begin their work period.

The first half sits at lunch and then transitions to nap.

The second half sits at lunch and transitions to nap.

Naptime

Awakening and snack

Transition to outdoors

Banana slices or Apple Sauce pops in the classroom

Possibly going back to the playground.

Diapering occurs at least three times daily around Food Tasting and Music, immediately after lunch, and upon awakening. BM's are changed as they occur. Often children have a rhythm to their toileting and we track and note what children may need to be changed at certain times. Observation and recording is a formal event for the teachers during the morning work periods and an informal as able/needed event throughout the remainder of the day.