

INFANT CURRICULUM (6 weeks to 12 months)

"Gentle Stars" Program

Program Philosophy

Our infant curriculum is built on the understanding that babies learn through loving relationships, sensory experiences, and responsive care. Every interaction is a learning opportunity that builds trust, security, and the foundation for all future development.

Daily Schedule Framework

6:30 AM - 8:00 AM: Arrival and Morning Care

- Individual greetings and health checks
- Quiet play and sensory exploration
- Feeding on demand

8:00 AM - 9:30 AM: Morning Learning Time

- Tummy time and motor development
- Music and movement activities
- Individual attention and interaction

9:30 AM - 11:00 AM: Rest and Feeding

- Individual sleep schedules honored
- Bottle feeding and diaper changes
- Quiet sensory activities for awake babies

11:00 AM - 12:00 PM: Active Play and Exploration

- Floor time and crawling practice
- Cause and effect toys
- Language interaction and songs

12:00 PM - 2:00 PM: Lunch and Rest Time

- Individual feeding schedules
- Nap time based on each baby's needs
- Soft music and comfort items

2:00 PM - 3:30 PM: Afternoon Discovery

- Sensory exploration activities
- Outdoor time (weather permitting)
- Reading and storytelling

3:30 PM - 5:00 PM: Social Time and Care

- Interaction with mobile infants
- Art exploration (safe materials)
- Individual care routines

5:00 PM - 6:30 PM: Evening Wind-Down

- Quiet activities and cuddling
- Preparation for pickup
- Communication with families

Curriculum Components

Physical Development

- **Gross Motor Skills:** Tummy time, reaching and grasping, rolling practice, sitting support, crawling encouragement, standing with support
- **Fine Motor Skills:** Grasping rattles, transferring objects, finger foods, cause-and-effect toys, texture exploration
- **Sensory Development:** Safe materials with various textures, sounds, and visual stimuli

Cognitive Development

- **Object Permanence:** Peek-a-boo games, hiding and finding toys, pat-a-cake activities
- **Cause and Effect:** Push toys, musical instruments, pop-up toys, light-up activities
- **Problem Solving:** Simple puzzles, nesting cups, shape sorters (age-appropriate)

Language Development

- **Receptive Language:** Narrating daily activities, responsive conversations, simple commands
- **Expressive Language:** Encouraging babbling, imitating sounds, first words celebration
- **Literacy Foundation:** Board books, picture naming, singing, rhyming games

Social-Emotional Development

- **Attachment:** Consistent caregivers, responsive care, comfort and security

- **Self-Regulation:** Helping with sleep routines, feeding cues, emotional support
- **Social Awareness:** Interaction with other infants, mirror play, facial expressions

Creative Expression

- **Music:** Lullabies, action songs, musical instruments, rhythm activities
- **Art:** Safe finger painting, texture exploration, sensory bins
- **Dramatic Play:** Simple puppets, peek-a-boo, role-playing with dolls

Assessment and Documentation

- Daily care sheets including feeding, sleeping, and diaper changes
- Developmental milestone tracking and celebration
- Photo documentation of special moments and achievements
- Regular communication with families about progress and observations
- Monthly developmental summaries highlighting growth and emerging skills