

Infant Daily Rhythm

A Flexible Rhythm for Nurturing, Exploration & Care

At The Kids Palace II, each baby experiences a familiar, comforting rhythm guided by their individual needs. Inspired by the HighScope Infant-Toddler Curriculum, our caregivers nurture trusting relationships and support active learning through responsive, unhurried care.

Daily Rhythm Experiences

Welcome & Connection — Warm greetings, gentle separations, family communication, and individual comfort from familiar caregivers.

Choice Time & Sensory Exploration — Babies freely explore safe, age-appropriate materials through looking, reaching, grasping, touching, listening, and movement.

Individualized Feeding & Care — Bottles, meals, diaper changes, and personal care follow each baby's needs, with warm one-on-one interactions.

Movement & Discovery — Supervised tummy time while awake, rolling, reaching, crawling, and other developmentally appropriate movement.

Outdoor Exploration — Fresh air, observing nature, listening to sounds, and exploring the outdoor environment with caregiver support.

Music, Language & Connection — Songs, fingerplays, books, conversations, and responsive interactions woven naturally throughout the day.

Rest & Comfort — Individualized naps, soothing routines, and peaceful rest based on each baby's sleep needs, following safe-sleep practices.

Afternoon Exploration & Reconnection — More child-led discovery, sensory experiences, movement, and meaningful interactions with caregivers.

Gentle Goodbyes — Calm departures, family reunions, and communication about each baby's day.

Individualized Care Throughout the Day

Feeding, diapering, handwashing, comforting, and rest are individualized. These meaningful caregiving moments are part of learning, not interruptions to it. The experiences above are a guide, not a fixed sequence for every baby.

Our daily rhythm is inspired by the HighScope Infant-Toddler Curriculum.