

Toddler Daily Rhythm

A Flexible Framework for Exploration, Independence & Care

At The Kids Palace II, our toddler day follows a familiar sequence of experiences, while leaving room for children's choices, interests, and individual needs. Inspired by the HighScope Infant-Toddler Curriculum, our caregivers support active learning through play, warm relationships, and unhurried routines.

Our Daily Rhythm

Arrival & Welcome — Warm greetings, family communication, gentle goodbyes, and child-chosen play help toddlers settle in.

Breakfast & Morning Care — Shared meals, conversation, handwashing, and toileting or diapering encourage connection and emerging independence.

Choice Time & Active Learning — An extended opportunity to select materials, explore blocks, pretend play, books, sensory materials, and creative experiences. Teachers observe and follow children's ideas.

Outdoor Exploration — Movement, fresh air, nature discoveries, and active play invite curiosity and physical development, weather permitting.

Small-Group Invitations — Brief, optional experiences such as songs, stories, movement, or hands-on materials follow children's interests and readiness.

Lunch & Caregiving — Toddlers share a meal, practice self-help skills, and enjoy meaningful conversation and individualized care.

Quiet Play & Rest — Gentle stories and calming transitions lead into rest. Caregivers respond to individual sleep needs and offer appropriate quiet alternatives.

Wake-Up & Snack — Children wake at their own pace, receive personal care, and enjoy a relaxed afternoon snack.

Afternoon Choice Time & Departure — More child-led exploration, indoor or outdoor play, comforting connections, and unhurried family reunions.

Individualized Care Throughout the Day

Diapering, toileting, handwashing, comfort, and rest are woven naturally into the day as needed. Our caregivers use these one-on-one moments to build trust, language, confidence, and independence.