



Day in the Life (Instructor Copy)

Unit Two—Lesson Six
Schedule and Tracking

Samantha (3 years old)

Samantha came in ill tempered. She ate her most of her breakfast: cereal with milk, toast, and orange juice. She is able to take care of her own toileting, and use the bathroom on a regular basis throughout the day. She did not play well with the other children today, and at about 11:00 a.m., she bit Celeste (another 3 year old) because she wanted the toy that Celeste had. The bite did not draw blood. She was put into a time out and told that biting other children is not acceptable behavior. She sat in the time out chair for three minutes, and then had to apologize to Celeste. She ate a snack of crackers at 10:00 a.m. She only ate about half of her lunch at noon: chicken salad sandwich, apple, milk, carrot sticks, and cookie. She slept for 30 minutes starting at 1:00 p.m. She ate an afternoon snack of pudding at 2:30 p.m., and played well in the afternoon. Pick up time was 5:30 p.m.

Instructor Notes: All eating, sleeping, and toileting times should be charted. The bite should be charted. This behavior should not be allowed at home or in a childcare setting. Bites can become infected. The parents of the child who was bit should be notified by making a note on the child's schedule.

Joshua (2 years old)

Joshua is a happy toddler. He came in happy and was very hungry today. He ate all his breakfast: oatmeal, banana, toast with peanut butter, and milk. He had a dirty diaper at 8:30 a.m. He enjoyed reading a book with the caregiver in the morning, and playing with the trucks. He cried because he could not have a toy someone else had. The caregiver distracted him with another activity. At 10:00 a.m. he had part of an apple and some milk. At 11:30 a.m. he had half of a ham sandwich, some applesauce, a piece of cheese, a cookie, and a glass of milk. He ate all of his lunch. He slept for the one-hour nap time and happily played for the afternoon until pick up time. He had a 3:00 p.m. snack of crackers and juice. He had a wet diaper at 11:00 a.m., 12:30 p.m., 2:30 p.m., and 4:30 p.m.

Instructor Notes: All eating, sleeping, and diapering times should be charted. There is no need to chart the crying incident over the toy. This is typical of toddler behavior and has no impact on the child's health or well-being.

Tony (18 months old)

Tony is generally a happy toddler. He walks well and enjoys push/pull toys. He likes to be held by the caregiver, and frequently asks to be held. She holds him when she can, but gets him interested in other things to keep him occupied. He had already eaten breakfast when he came in. He had a morning snack of crackers and juice at 9:30 a.m. He had a dirty diaper at 9:45 a.m. He took a 30-minute nap just after being changed at 9:45 a.m. He played for the rest of the morning. At 11:30 a.m. he had a lunch of chicken pieces, peas, peaches, and milk. After lunch, he had a wet diaper, and then read a book with his caregiver until nap time. He slept from 1:30 p.m. to 2:30 p.m. He played with big blocks and cars after his nap. Tony bumped his head when he tripped on a toy. He cried hard. He had a snack at 3:30 p.m. of animal crackers and milk. Tony played with plastic people and houses in the afternoon. He read another book with his caregiver until his mother came to get him.

Instructor Notes: All eating, sleeping, and diapering times should be charted. The head bump should be noted. A bruise or bump may show up later, depending on how hard he hit his head.

Corinne (3 years old)

Corinne cried or was fussy most of the morning and would not be comforted. She did not eat breakfast, but drank part of her juice. She finally was so tired, she took a nap until lunch time. At lunch (12:00 p.m.), she felt better and ate everything: turkey sandwich with cheese, pear, peas, cake, and milk. She asked for help with wiping when she used the bathroom after lunch. She played in the playhouse with another three-year-old for most of the afternoon. She was happy to rest and listen to a storybook in the afternoon. At 3:00 p.m. she had a snack of crackers and juice. She played and painted with watercolors until her father picked her up at 5:00 p.m.

Instructor Notes: All eating, sleeping, and toileting times should be charted. The incident of the crying for most of the morning should be charted. Because the crying/fussiness lasted a long time and the child would not be comforted, it could indicate an illness; lack of enough sleep the night before, or other issues.