



### **Infant Toddler Tip**

Keep in mind that not all children in your care will be on the same time schedule. While it is important to follow a general structure of activities each day, you may need to be flexible with your schedule in order to synchronize with their body clocks. Find out how and when feeding and sleeping routines are carried out at home to predict their needs, and adjust your timing in response to their cues.

### **Consejo para Bebés y Niños**

Recuerda que los niños en su cuidado no van a estar en el mismo horario. Mientras que es importante seguir una estructura general de actividades cada día, es posible que va a tener que ser flexible con el horario diario para sincronizar con sus relojes corporales.

ECCP