

## **TYPICAL DAILY ROUTINE**

This is a typical routine – not a rigid timetable that has to be followed! As a childminder I understand that children need to be treated as individuals.

 TIME	 ACTIVITIES
7.00 Wake up call for overnight stayers	Prayer / Bath time
Arrival from 7.30	Free play
8.00 – 8.30	Breakfast
8.30 – 9.00	School/nursery drop off
9.00 – 10.30	Morning activity/outing including music groups, cookery groups, toddler groups, visit to the park, etc
10.30 – 11.00	Morning Snack
11.00 onwards	Nursery pickups/ Free play at home
12.30 – 1.00	Lunch
1.00 – 3.00	Rest time – either upstairs in cot/bed or doing quiet activities downstairs i.e. looking at books, puzzles or just resting quietly on the sofa
3.00 – 3.45	School pick up
4.00 – 4.30	Snack time
4.30 – 5.30	Themed Activity – to follow theme of the moment including looking at seasons, any celebrations such as children’s birthdays, pancake day, multicultural celebrations etc. Also, homework time.
5.30 – 6.00	Tea / Dinner
6.00 onwards	free play / continuation of themed activity for children returning from school
Home time	Children collected

**Please note:**

*The routine can be adapted to suit individual children, i.e. if your child sleeps in the morning instead of after lunch then provision can be made for this.*

*Activities will vary in the holidays, when there will be trips out with school age children, whilst also taking into account the needs of the younger children in the setting.*

*Part of each day will be spent outdoors, as not only is this a requirement of EYFS, but it is also beneficial for the children to get used to and enjoy fresh air and a variety of activities.*

*Examples of morning activities include music groups and singing at the local library, toddlers group, visits to the park and to feed the ducks, collecting leaves to make collages, visits to the farm to see the animals, visits to the library and local shops to learn about the local community, and many more!*

*Examples of afternoon themed activities include music and movement, creative "messy play" such as making collages with the leaves and other things we may have picked up on our morning walk! Other examples are painting, sticking and gluing, cooking, making and playing with play dough, and following themes including making cards for Easter, Mother's Day and Father's Day, preparing for a birthday, following other religions or cultures celebrations and many more!*