



Daily Routine

Routine

A predictable and established routine allows children to feel safe and secure, provides a sense of certainty, supports them in developing self-discipline and reassures children that their needs will be met.

By having a routine in place children are aware of what is happening now and what will be happening next. This goes on to support children in developing independence and reduces anxiety. Routines are important for all ages, but particularly in early childhood. At Little Troopers Day Nursery our group daily routines are carefully planned to support the age of the children within the group and their individual needs.

Orange

8.30-9.00am	Breakfast
9.15-10.00am	Free play/ planned activities outside
10.15-10.30am	Snack
10.30-11.30am	Free play/ planned activities inside
11.30-12.00pm	Lunch
12.00-2.00pm	Rest time
2.00-2.30pm	Free play/ planned activities inside
2.30-3.30pm	Free play/ planned activities outside
3.30-4.00pm	Tea
4.00-5.20pm	Free play/ planned activities inside
5.20-5.30pm	Parents pick up
5.30pm	Nursery closes

Nappy Changes

Children's nappies are checked and changed regularly at 'nappy time' intervals throughout day.

Activities

Activities as set up ready for children when they wake up or have finished eating.

Drinking Water

Water is available within the room throughout the day and is offered to the children frequently.

Lemon

8.30-9.00am	Breakfast
9.00-9.10am	Group time
9.10-10.15am	Free play/ planned activities inside
10.15-10.30am	Snack
10.30-11.30am	Free play/ planned activities outside
11.30-12.00pm	Lunch
12.00-2.00pm	Rest time
12.30-2.45pm	Free play/ planned activities inside
2.45-3.45pm	Free play/ planned activities outside
3.45-4.15pm	Tea
4.15-5.20pm	Free play/ planned activities outside
5.20-5.30pm	Parents pick up
5.30pm	Nursery closes

Nappy Changes

Children's nappies are checked and changed regularly at 'nappy time' intervals throughout day.

Activities

Activities as set up ready for children when they wake up or have finished eating.

Drinking Water

Water is available within the room throughout the day and is offered to the children frequently.

Pear

8.30-9.00am	Breakfast
9.00-9.30am	Register and circle Time
9.30-10.15am	Free play/ planned activities outside
10.15-11.15am	Free play/ planned activities inside
11.15-11.30am	Stories, singing & music
11.30-12.00pm	Lunch
12.00-1.30pm	Quiet activities
1.30-1.45pm	Register and circle Time
1.45-2.45pm	Free play/ planned activities outside
2.45-3.45pm	Free play/ planned activities inside
3.45-4.15pm	Tea
4.15-4.30pm	Stories, singing & music
4.30-5.20pm	Free play/ planned activities inside
5.20-5.30pm	Parents pick up
5.30pm	Nursery closes

Snack Bar

The Pear group have access to a rolling snack bar throughout the day and are actively encouraged to access the water and snacks offered.

Drop off and pick up times

Parents are requested to drop off their child between the hours of 8.30am – 9.15am and collect their child between 4.30pm – 5.20pm.