

## Daily Routine/Rhythms

*N.B. This routine is a guide only. Our routine provides a predictable rhythm to support children's sense of security, by providing consistency and predictability, while remaining flexible to respond to children's individual needs, interests, feeding and rest requirements. Care needs are always prioritised. Play is embedded throughout the day and occurs both indoors and outdoors in short, meaningful periods between care routines and rest. Outdoor play may also be affected by the weather.*

### **8:15 – 9:00 | Arrival, Settling & Indoor Play**

- Warm, individual greetings
- Parent communication
- Indoor play time

### **9:00 – 9:45 | Outdoor Play**

- Exploration of the outdoor environment

### **9:45 – 10:15 | Morning Tea**

- Morning tea
- Calm and responsive interactions, conversations and social connection

### **10:15 – 11:45 | Indoor Play & Rest/Sleep for those on two naps**

- Child-led play experiences and learning invitations
- Intentional teaching and small-group interactions
- One-on-one interactions

### **11:45 – 12:30 | Lunch**

- Lunch with social interaction
- Encouraging independence and self-help skills

### **12:30 – 2:30 | Rest, Sleep & Quiet Experiences**

- Individual sleep routines followed
- Children may have **Nap 1** or **Nap 2** depending on age
- Toddlers and preschoolers rest or engage in quiet activities
- Soft music, stories, and a calm environment

### **2:30 – 3:00 | Afternoon Tea**

- Afternoon tea
- Relaxed connection and interaction

### **3:00 – 4:15 | Outdoor Play**

- Outdoor play and exploration

### **4:15– 4:45 | Indoor Wind-Down & Departures**

- Calm indoor play and cuddles
- One-on-one interactions
- Reflection on the day through conversations or stories
- Family handovers and communication
- Supporting smooth transitions home