

The O-2's Daily Routine

<b>Time</b>	<b>What Happens?</b>
<b>7.00-8.45am</b>	<b>Breakfast:</b>  All children are welcomed into the 0-2 room to sit and have breakfast. Breakfast is given related to the child's requirements and requests.
<b>8.45-10.00am</b>	<b>Free Play:</b>  Activities and toys are set out in the morning for children to play and explore freely. The toys are accessible for children to reach and play with as and when they want to play with the different toys.
<b>10.00am</b>	<b>Snack:</b>  Fresh fruit/yogurts are given with a milkshake. Snacks are available in pureed, mashed or chopped variety depending on the child's requirements.
<b>10.30-11.30am</b>	<b>Birth to Three:</b>  "Birth to Three" is a government-based course, which has been introduced.  Each child has their own individual folder, which is accessible by their parents so that they can see and follow their child's development and achievements throughout nursery. The experience is also displayed on the board.  The children are in separate key worker groups related to their age. Your child's key worker will observe the child and will assess their next step and plan an activity or toy, which will help them to progress to the next stage of development.
<b>11.45am</b>	<b>Lunch:</b>  Lunch is available in pureed, mashed or chopped variety. The babies are offered a separate menu to the older children.

**12.20pm**

**Sleep and relax time:**

The babies are placed in cots, which are made up with fresh linen. The older children are on sleep mats, which are also made up with fresh linen. The linen is labelled with the child's name so that no cross contamination will occur.

**2.30-3.30pm**

**Birth to Three:**

See above for explanation.

**3.30pm**

**High Tea:**

**Daily Activities:**

Each day the extra activities may change but we love to do at least one of the following:

- Pasta play;
- Water play;
- Cornflour play;
- Jelly play;
- Food floor; and
- Art activities.

**Garden Play:**

We try to get out and play at least once a day.

- ✓ It should be noted that babies are given their bottles of milk, as and when required.
- ✓ Nappy changing also takes place throughout the day at regular intervals.



**THIS IS NOT A RIGID ROUTINE:**

It has been designed to be used by the practitioners flexibly to enable times to be changed according to the children's needs and spontaneous interests.