

'The Nest' Daily routine

March 2025

Within The Nest we will always endeavour to follow routines from home through information collected from parents and carers regularly. Below is our Nursery routine which is always flexible, sleep and rest time will be planned around individual children's needs.

<u>Time</u>	<u>Experience / activity</u>	<u>Description</u>
7.30-9.00 am	Welcome and breakfast	Children and their families are welcomed by nursery staff. There is time for families and staff to share information. Children will have breakfast with a member of staff and then explore the continuous provision set-up within the room. Breakfast will be served between 7.30am-7.50am.
9.15 am	Hello song	Once all children have arrived for the morning a quick 'Hello' song will be sung to welcome children and staff.
Approx. 9.15am	Free play and exploration Adult led activities	Children will have time to explore a mixture of activities and resources planned around their current interests. Where possible free flow will be available between the indoor and outdoor environment. Adult led activities will be provided, led by staff and planned around the Early Years Foundation Stage Framework .
10.00am	Routine nappy change	
10.30 am	Snack	Snack will be a group time within The Nest. Children should bring water in a labelled bottle from home.
Approx. 11.00am-12.15 pm	Free play and exploration continue	
12.00pm	Afternoon children arrive	Children and their families are welcomed by nursery staff. There is time for families and staff to share information.
Approx. 12.15-1.00 pm	Wash hands Lunchtime	Lunch will take place within The Nest with children having a cold packed lunch from home or a hot lunch from the kitchen.
Approx 1.00pm	Routine nappy change	
1.00pm onwards	Free play and exploration PM sleeps for children who require them	Children will have time to explore a mixture of activities and resources planned by their key-person based on their current interests. Following our nappy changing policy- children will go to sleep with a clean nappy and will either be within a cot, mat or coracle.
Approx 3.30pm	Routine nappy change	
3:30pm	Afternoon snack	Snack will be a group time within The Nest. Children should bring water in a labelled bottle from home. Snack will be served following our 'afternoon snack' menu.
4.00pm	Core day children go home	Staff share children's day with parents of children going home.
4.30pm	Rooms join	The remainder of the MR children and staff will join with the BR and will have a variety of adult leads happening to keep children engaged.
5.00pm	Wash hands Tea time	During tea-time children will sit together and where possible will be encouraged to take-turns, self-select and share. At tea-time children from The Nest will usually join the main Nursery.
5.30pm	Home time	Staff share children's day with parents of children going home.

