



*7:30am : Centre opens and our day begins outdoors. In wet weather, we group together in the Preschool room. Families and children are greeted and messages are exchanged.*

*9:20am : Begin nappy changes and assist children learning to use the toilet. We wash our hands for morning tea and children's self-help skills are encouraged.*

*10:00am : Support children's developing skills and curiosity through exploration, experimentation in the outdoor and indoor environments.*

*11:00am : Children are invited to assist in making their own beds as they develop independence.*

*11:20am : Group time - story, music, rhymes, games (reflecting children's interests)*

*11:30am : Lunch time. Children are encouraged to try different foods and self-help skills supported.*

*12:00am : Preparing for sleeps or rests; nappy changes and toileting. Individual rest routines are followed. As the children grow we provide quiet experiences for non sleepers.*

*1:00pm : Children begin waking*

*2:30pm : Hands are washed for afternoon tea*

*3:00pm Onwards : Outdoor play; continuing to support fundamental movement skills and peer connections. Parents arrive*

*4:00pm Nappy changes. Children assist in tidying outdoor environment.*

*5:10pm : Late afternoon tea*

*6:00pm : Centre Closes*

*Our rhythm is flexible and reflects the children's individual needs. Small group and spontaneous experiences may replace group times.*