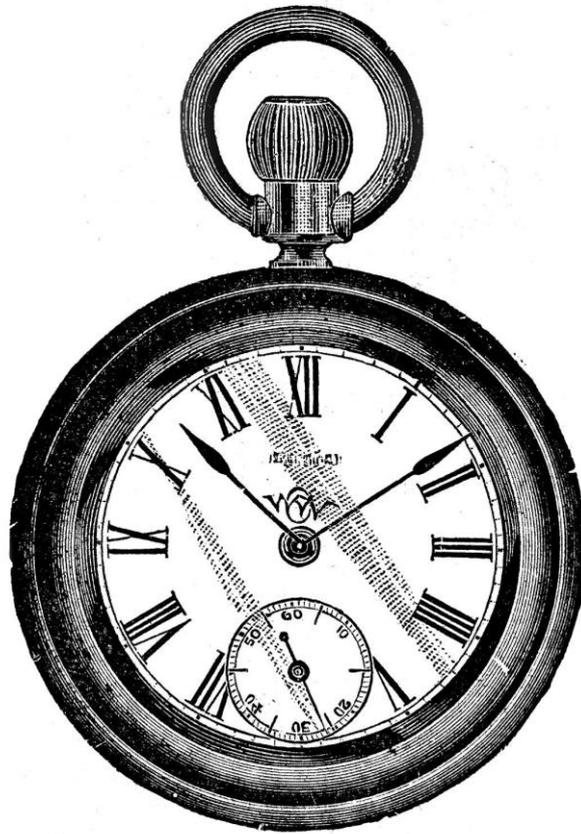


WONDERLAND CHILD MINDING



OUR ROUTINE SAMPLE

Although every day is different when childminding I do have some structure to our days as babies and children love to know what is coming next and it helps them to feel more confident and secure.

Our days are relaxed and fun and a mix of both adult and child led activities as required by the EYFS. I ensure children have plenty of free access to choose their own resources as well as setting up activities that are geared towards the children's current interests.

TIME	ACTIVITY
8.00 – 9.00 8.45 – 9.00	Children arriving at the setting and settling in. Early arrived children may have early breakfast It is free play time for children and time for parents to ask any questions. Children pick-up on the Island Gardens DLR station
9.00 – 9.30	Breakfast
9.30 – 10.15	Different learning activities (math, science, music, dance, literacy, yoga etc. as described in our monthly planning). All activities are structured in 10-15 minutes blocks). Sometimes learning activities will be held outside.
10.15 – 11.30 (at 10.30 children will get a light healthy snack usually fruits, vegetables, bread sticks, crackers etc.)	Active time outside. We go to the park, farm or playground, play outside. Children are encouraged to run, jump, play active games. We also do different learning tasks including Forest School activities.
11.30 – 11.45	Coming back home, dressing off, washing hands, preparing for learning activities
11.45 – 12.15	Lunch time
12.15 – 15.00	Nap time/Quiet time Those children who require nap are going to the quiet room and have a rest. Others have quiet activities in the main room such as individual learning activities, reading books, solving puzzles, colouring and painting, playing with sand and water or just resting quietly. We may also spend some time outside. These children will have an afternoon snack during this session. <u>Important</u> – the nap time is set individually depending on a child's routine at home. The child may go be settled for a nap and waken up earlier/later, at the specific time
15.00 – 15.30	Children wake up, brush their teeth. They have a short yoga and

	mindfulness session.
15.30 – 16.00	Afternoon circle time when we have a chat, speak about ground rules, our feeling and emotions, dreams and plans and anything that might be interesting. Sometimes we may read stories, sing songs during this session.
16.00 – 16.30	Tea time
16.30 – 17.30	Learning activities time. Different learning activities (math, science, music, dance, literacy etc.) both adult initiated and child-led. All activities are structured in 10-15 minutes blocks). In Spring-Summer terms learning activities may be held outside.
17.30 – 18.00	Free play, art and craft time, story time. Tidy up time. We try to make it calm activity time
18.00 – 18.15	Children leaving our home Children pick-up from the Island Gardens DLR

Please note:

- The routine can be adapted to suit individual children needs, i.e. if your child sleeps in the morning instead of after lunch then provision can be made for this.
- Activities will vary in the holidays, when there will be trips out with school age children, whilst also taking into account the needs of the younger children in the setting.
- Part of each day will be spent outdoors, as not only is this a requirement of EYFS, but it is also beneficial for the children to get used to and enjoy fresh air and a variety of activities. Examples of morning learning activities include working with Montessori materials, different activity books and sheets i.e. Kumon books and other respectable resources, music lessons and singing, rhythmic lessons and other learning activities.
- Example of active outside activities include active games on playground, sports ground where children will learn how to play different active games. When outside activities are joined with learning we will visit the farm, feed the animals, collect leaves to make collages, visits to the museums, playgrounds, library and local shops to learn about the local community, and many more.
- We try to make all our activities more interesting so every week we will have different themed activities such as Pirates week, Science week, Art week, different religions and cultural celebration weeks and many more. So, when we paint, sticking, gluing, cooking, playing with play dough and do other activities we try to make them themed and more interesting and beneficial for children.