Parap Family Centre Daily Routines





Crocodiles

7:30 am

Family grouping (Crocodiles or Geckos Playground depending on weather)

9:00 am

Circle time and story time including "show and tell"

9:30 am

Morning tea (opportunity to interact and discuss healthy eating and hygiene)

10:15 am

Various planned and spontaneous activities (please see weekly plan for details)

11:30 am

Lunch and transition to quiet time

12:30 pm

Rest, relaxation and quiet time activities (all children who sleep are given beds inside our sleep room and non-sleeping children are given pillows and remain in the main classroom for a lie down and/or quiet activities)

2:15 pm

Circle time, story time, music, dance and movement

3:00 pm

Afternoon Tea

3:30 pm

Sunscreen and transition outdoors

4:00 pm

Outdoor play/ family grouping

5:00 pm – Late snack

Parap Family Centre Daily Routines





Geckos

- 7:30 am Play time and breakfast
- 8:30 am Transitioning and nappy change
- 9:00 am Group time
- 9:15 am Morning tea
- 9:45 am Play and learn
- 10:15 am Planned experiences
- 10:45 am Nappy changes/ toileting
- 11:15 am Group time
- 11:30 am Lunch
- 12:00 pm sleep and rest time/ quiet activities
- 2:00 pm Nappy changes/ toileting
- 2:30 pm Afternoon tea
- 3:00 pm Play and learn
- 4:00 pm Nappy changes/ toileting
- 5:00 pm Late snack

Parap Family Centre Daily Routines





- 7:30 am Centre opens Breakfast / family grouping / spontaneous play
- 9:00 am -Nappy changes / Morning tea
- 9:30 am Bottles and sleep time for younger babies
- 9:45 am Indoor/ outdoor play (planned activities and free play)
- 10:30 am Nappy changes / singing and story time
- 11:00 am Lunch time
- 11:30 am Sleep time for older babies
- 12:00 pm Nappy Change / spontaneous play and planned activities for children not sleeping
- 1:30 pm Bottles and sleep time for younger babies
- 2:00 pm Afternoon tea / Nappy change (nappies are changed as children awake from nap time)
- 2:45 pm Indoor spontaneous play
- 3:30 pm Nappies, sunscreen, spontaneous play, songs and story time
- 4:00 pm Family grouping/spontaneous play (outside weather dependent)
- 5:00 pm Late snack

NB (These are guidelines only; our room routine is very flexible to suit each child's daily needs)