



## Baby Room Routine

The daily routine is flexible; we will take parental wishes and needs of individual babies into account, the following timetable is indicative only. Please note nappies will be changed throughout the day as needed

<b>7.30-9.00</b>	<b>Breakfast/free play</b>
<b>9.00-10.00</b>	<b>Music and movement/ stories</b>
<b>10.00-10.30</b>	<b>Nappy changes/free play</b>
<b>10.30-10.50</b>	<b>Snack time</b>
<b>10.50-11.45</b>	<b>Free play (indoor/outdoor depending on babies sleeping)</b>
<b>11.45-12.00</b>	<b>Group time (music and movement/ stories)</b>
<b>12.00-12.45</b>	<b>Lunch time</b>
<b>12.45-14.00</b>	<b>Sleep time (free play for babies who are awake)</b>
<b>14.00-14.30</b>	<b>Nappy changes/free play</b>
<b>14.30-15.15</b>	<b>Adult led activity/free play (indoor/outdoor depending on babies sleeping)</b>
<b>15.15-15.30</b>	<b>Group time (music and movement/ stories)</b>
<b>16.00-16.30</b>	<b>Teatime</b>
<b>16.30-17.15</b>	<b>Adult led activity/free play (indoor/outdoor depending on babies sleeping)</b>
<b>17.15-18.00</b>	<b>Nappy changes/free play</b>
<b>18.00-18.30</b>	<b>Story time/free play</b>
<b>7.30-9.00</b>	<b>Breakfast/free play</b>
<b>9.00-10.00</b>	<b>Music and movement/ stories</b>