GEMS TINEY HOME NURSERY

HOME FROM HOME CHILDCARE

Daily Routine and Activities Policy

Purpose

Our daily routine provides a secure, predictable rhythm while remaining flexible enough to follow children's interests and individual care needs. Play, relationships, rest and everyday experiences support learning throughout the day. Parents are encouraged to share routines, preferences and changes at home.

A flexible day

A typical day includes a welcoming handover and free play, snacks, stories and songs, creative or practical activities, outdoor play or an outing, lunch, rest or quiet play, further play opportunities and a calm collection. The order and timing may change to suit children and circumstances.

Babies' feeding and sleep patterns and children's toileting, comfort and additional needs take priority over a fixed timetable. We plan transitions with familiar cues and reassurance and allow time for children to finish or return to their play.

Learning through play

We offer a balance of child-led exploration and sensitive adult support. Experiences cover all seven EYFS areas: communication and language; personal, social and emotional development; physical development; literacy; mathematics; understanding the world; and expressive arts and design.

Books, conversation, songs, movement, imaginative play, construction, mark making, nature and everyday tasks offer meaningful learning. We adapt resources, communication and expectations for each child's age, stage, interests, home language

and additional needs. Children can make choices and are not required to complete identical activities.

Outdoor experiences and weather

We aim to provide outdoor experiences each day, using the garden, walks and suitable local places following risk assessment. We consider weather warnings, temperature, wind, sun exposure, ground conditions, travel and children's health and abilities.

Parents should provide suitable clothing and footwear. If conditions are unsafe, or a child lacks appropriate clothing and no suitable spares are available, we change, shorten, postpone or move the activity indoors. Plans must keep every child and all staff safe. See our Adverse Weather and Outings policies.

Meals and personal care

Meals and snacks are relaxed opportunities to talk, practise independence and learn about healthy food. We follow each child's dietary and allergy arrangements and provide suitable drinking water, with age-appropriate feeding arrangements for babies.

Children eat seated safely and remain within sight and hearing of an adult. A person holding a current full paediatric first aid certificate is in the room while children eat. Food preparation, portioning and supervision reflect age and choking risks.

Nappy changing, toileting and handwashing are supported sensitively with privacy, hygiene and safe supervision. Everyday care is never delayed merely to keep to the planned routine.

Rest and safer sleep

We agree and regularly review individual sleep arrangements with parents. Children who do not sleep have calm, supervised choices and are not forced to sleep. Parent preferences are discussed alongside the child's wellbeing and current safer sleep requirements.

Babies are placed on their backs on a firm, flat, waterproof sleep surface with a clear sleep space. Children aged 12 months and under sleep in a suitable cot; babies under six months sleep in the same room as an adult. Sleeping children remain within sight or hearing and are checked frequently. We follow our safer sleep procedures and current EYFS requirements for individual arrangements, equipment and checks.

Supervision and inclusion

Activities, equipment and outings are assessed for the children attending. We maintain required ratios and effective supervision throughout, including during transitions, sleep and personal care. Suitable paediatric first aid cover is available on the premises and on outings.

Assistants work within their approved role, competence and supervision arrangements. Any sole care must comply with EYFS, tiney requirements, parental permission and first aid requirements. We make reasonable adjustments so children can participate safely and meaningfully.

Screens and partnership with parents

We have regard to current government screen use guidance. Any screen use is purposeful, age appropriate and supported by an adult, and does not displace conversation, active play, outdoor experiences or sleep. Children do not have unsupervised access to internet-connected devices.

We share relevant information about activities, meals, rest and wellbeing through daily handovers and the agreed communication system. Observations and family feedback help us adapt opportunities and support development. Reference: Department for Education, EYFS statutory framework for childminders effective September 2026. This policy is reviewed annually and sooner when needs or requirements change.

Policy owner: Gemma Bayley
Reviewed: November 2026
Next review due: November 2027