



3 TO 18 MONTHS

DAILY PROGRAMME

07H00 - 08H20	Arrival and breakfast
08h30 - 09h00	Bottles (to settle before sleep time)
09h00 - 09h45	Sleep
10h00 - 10h15	Snack
10h15 - 11h00	Back, tummy and sitting time (age-appropriate)
11h00 - 11h30	Outside time (weather permitting) or inside time including gross motor activities, ball rolling, crawling
11h30 - 12h00	Clean up/nappy change
12h00 - 12h30	Lunch
12h30 - 14h30	Sleep
14h30 - 15h30	Nappy change, bottle and snack
15h30 - 16h30	Playtime outside (weather permitting)
16h30 - 17h00	Story time
17h00 - 17h30	Hometime

