

Example of a Daily Routine – linking home and preschool

At Darlington Children's Centre we follow a daily routine which helps to support your child's sense of identity, belonging and wellbeing. Our routine looks like this:

8:45 – Welcome children – inside play

9:10 – Inside/outside learning through play

9:45 – Group time

10:15 – Wash hands & fruit time

10:30 – Inside/outside learning through play

11:20 – Group time

11:45 – Wash hands & lunch

12:30 – Inside/outside play (snack/fruit time 1:30-2:00)

2:10 – Pack away

2:30 – Relaxation & Group time

2:50 – Start saying goodbye to children (children to read individually/small groups, educators available to parents)

3:00 – Goodbye

At home your routine, for example, may include the following aspects of our routine, in a sequence that suits your home:

- Meal times (morning snack, lunch, afternoon snack)
- Inside/outside play (periodically throughout the day)
- Relaxation
- Kindy group time via zoom
- Pack up time