



## Infant Routine

Time	Details
6:30 – 8:00 AM	Arrival & welcome. Families share updates about their child's night/morning. Educators offer warm greetings and provide a smooth transition with open-ended toys, music, and floor play.
8:00 – 8:30 AM	Morning care routine. Diapering and handwashing as needed. Children explore sensory bins, blocks, and dramatic play areas.
8:30 – 9:00 AM	Morning Snack offered – Nutritious snack/breakfast provided. Infants practice self-feeding, and social mealtime.
9:00 – 9:15 AM	Transition and diapering. Washing hands, sunscreen, hats/jackets as needed to prepare for outdoor play.
9:15 – 10:30 AM	Outdoor play/Gross motor. Active play outdoors with riding toys, balls, climbing structures, and exploration walks.
10:30 – 10:45 AM	Transition back indoors. Handwashing and calm-down time with short stories or soft music.
10:45 – 11:30 AM	Lunch - Balanced hot lunch provided by Tiny Stars or home-sent meal. Educators support early self-feeding skills, using utensils and cups.
11:30– 11:45 AM	Diapering & nap prep. Fresh diaper for each child and bottles/cups offered to support their nap routine.
11:45 – 2:30 PM	Nap/Quiet rest time. Lights dimmed, soft music played. Educators comfort children to sleep. Early risers enjoy quiet activities.
2:30 – 3:00 PM	Wake-up & Diapering. Gentle wake-up routine, fresh diaper for each child, and handwashing.
3:00 – 3:30 PM	Afternoon Snack. Healthy snack provided or home-provided option. Self-feeding encouraged.
3:30 – 5:15 PM	Indoor Play. Small group play, sensory activities, fine-motor toys, books, and music/movement. Educators scaffold language and social development.
5:15 – 6:00 PM	End of day Routine. Diaper check, quiet play, cuddles, and Storytime until children are picked up. Families receive daily updates about meals, naps, and play.



## Toddler Routine

Time	Details
6:30 – 7:45 AM	Arrival and free play. Educators greet families, help toddlers transition from home, and offer open play centers (blocks, dramatic play, sensory bins).
7:45 – 8:00 AM	Transition & bathroom routine. Diapering, toileting, handwashing, toileting attempts for those ready and washing hands for snack.
8:00 – 8:30 AM	Morning snack/breakfast. Nutritious snack provided. Toddlers practice self-feeding, using utensils, and drinking from cups.
8:30 – 9:00 AM	Short circle time and play invitations. Welcome songs, fingerplays, and fine-motor or sensory play.
9:00 – 9:15 AM	Transition & Bathroom Break. Diaper change, Wash hands, sunscreen/hats for outdoor play.
9:15 – 10:00 AM	Outdoor play/Gross Motos Play. Climbing, running, riding toys, ball play, and nature exploration.
11:00 – 11:15AM	Transition Back Indoors. Shoes off, bathroom, handwashing, and water break.
11:15 – 11:45 AM	Lunch – Balanced hot lunch served. Toddlers practice independence, conversation.
11:45 – 12:00 PM	Diapering & Nap Prep – Fresh diapers, toileting, quiet books or cuddle time to prepare for rest.
12:00 - 12:15pm	Short group time with songs, finger plays, and dance.
12:00 PM – 2:00 PM	Nap / Quiet Rest – Lights dimmed, soft music played. Educators comfort toddlers to sleep. Early risers are offered quiet table play.
2:00 – 2:30 PM	Wake-Up & Diapering – Gentle wake-up, fresh diapers, toileting, and handwashing.
2:30 – 3:00 PM	Afternoon Snack – Healthy snack offered; children clean up with support.
3:00 – 3:30 PM	Indoor Play & Project Work – Guided learning invitations (art, science pretend play). Educators scaffold language and social skills.
3:30 – 4:30 PM	Outdoor play/Gross Motor Play. Climbing, running, riding toys, ball play and nature exploration
4:30 – 5:15 PM	Calm Exploration – Books, puzzles, dramatic play, music & movement, and fine motor toys.
5:15- 6:00pm	Late Day Routine & Pick-Up – Diaper checks, quiet play, and story time until pick-up. Educators share daily highlights with families.



## Pre-School Routine

6:30 – 8:00 AM	Arrival and free play. Children are welcomed and encouraged to explore open centers (blocks, dramatic play, art)
8:00 – 8:15 AM	Transition/bathroom break. Wash hands, bathroom routine, and prepare for breakfast/snack.
8:15 - 8:45 AM	Morning snack/breakfast. Nutritious snack served; children practice self-help skills and table manners.
8:45 - 9:00 AM	Transition/bathroom break. Wash hands, Bathroom routine
9:00 – 9:45 AM	Centres and small groups. Focused experiences where Educators intentionally rotate to extend children's thinking, scaffold skills, and co construct knowledge through play and exploration.
9:45 – 10:00 AM	Transition/bathroom break. Get ready for outdoor play (wash hands, sunscreen, jackets).
10:00 – 11:00 AM	Outdoor play/Gross motor. Playground play, running games, climbing, and active movement.
11:00 – 11:30 AM	Lunch - Balanced hot lunch provided. Educators encourage independence and conversation.
11:30 – 12:00 PM	Transition and bathroom break, wash hands, brush teeth if applicable, prepare cots for rest.
12:00 - 12:30 PM	Story and Music time. Shared reading, group songs, and quiet activities to wind down before rest.
12:30 - 2:00 PM	Quiet/rest time. Children rest on individual cots. Soft music or story recordings are provided for relaxation. Quiet table activities available for early risers.
2:00 - 2:30 PM	Wake-up & Transition. Gentle wake-up routine, put cots away, bathroom break, handwashing.
2:30 - 3:00 PM	Afternoon Snack. Healthy snack offered; children help tidy up.
3:00 - 3:30 PM	Transition/bathroom break. Wash hands and prepare for outdoor play.
3:30 - 4:45 PM	Outdoor play/Gross motor. Second outdoor session or indoor gross-motor games depending on weather.
4:45 – 5:30 PM	Calm Exploration - Books, puzzles, dramatic play, music & movement.
5:30 - 6:00 PM	Transition to home time begins for children remaining at the centre.



## Pre-Kinder Routine

Time	Details
6:30 – 8:00 AM	Arrival and free play. Children are welcomed and encouraged to explore open centers (blocks, dramatic play, art)
8:00 – 8:15 AM	Transition/bathroom break. Wash hands, bathroom routine, and prepare for breakfast/snack.
8:15 – 8:45 AM	Morning snack/breakfast. Nutritious snack served; children practice self-help skills and table manners.
8:45 - 9:00 PM	Transition/bathroom break. Wash hands and bathroom routine.
9:00 – 9:45 AM	Learning experiences where educators intentionally rotate to extend children's thinking, scaffold skills, and co-construct knowledge through play and exploration.
9:45 – 10:00 AM	Transition/bathroom break. Get ready for outdoor play (wash hands, sunscreen, jackets).
10:00 – 11:00 AM	Outdoor play/Gross motor. Playground play, running games, climbing, and active movement.
11:00 – 11:30 AM	Lunch - Balanced hot lunch provided. Educators encourage independence and conversation.
11:30 – 12:00 PM	Wash hands, brush teeth if applicable, prepare cots for rest.
12:00 – 12:30 PM	Story and Music time. Shared reading, group songs, and quiet activities to wind down before rest.
12:30 – 2:00 PM	Quiet/rest time. Children rest on individual cots. Soft music or story recordings are provided for relaxation. Quiet table activities available for early risers.
2:00 – 2:30 PM	Wake-up & Transition. Gentle wake-up routine, put cots away, bathroom break, handwashing.
2:30 – 3:00 PM	Afternoon Snack. Healthy snack offered; children help tidy up.
3:00 – 3:30 PM	Transition/bathroom break. Wash hands and prepare for outdoor play.
3:30 – 4:45 PM	Outdoor play/Gross motor. Second outdoor session or indoor gross-motor games depending on weather.
4:45 – 5:30	Calm Exploration - Books, Puzzles, Dramatic Play, Music & Movement
5:30 – 6:00	Transition to home time begins for children remaining at the centre.



## Kinder Routine

6:30 – 7:30 AM	Arrival & Free Play – Children are welcomed and encouraged to explore open centers (building, dramatic play, art, writing center). Educators greet families and set a calm start to the day.
7:30 – 8:00 AM	Morning Meeting – Greetings, plan for the day, and a short group discussion or mindfulness activity.
8:00 – 8:30 AM	Morning Snack / Breakfast – Nutritious meal offered. Educators encourage conversation, independence, and table manners.
8:30 – 9:50 AM	Learning Centers & Project Work. Small-group work and educator-led invitations to build collaboration, problem-solving, and early school readiness skills.
9:50 – 10:00 AM	Transition / Bathroom Break – Wash hands, sunscreen/hats, and prepare for outdoor play.
10:00 – 11:00 AM	Outdoor Play / Gross Motor – Cooperative games, climbing, riding toys, running, and nature exploration.
11:00 – 11:30 AM	Lunch – Balanced hot lunch provided. Children serve themselves when possible and practice independence.
11:30 – 11:45 AM	Bathroom & Transition to Rest – Toileting, handwashing, quiet activity spaces.
11:45 AM – 12:30 PM	Story & Music Time – Group read-aloud, quiet songs, or mindfulness to wind down.
12:30 – 2:00 PM	Quiet Time – Lights dimmed, soft music played. Quiet independent activities such as puzzles, drawing, or reading.
2:00 – 2:30 PM	Afternoon Snack. Healthy snack offered; children help tidy up.
2:30 – 2:45 PM	Transition outside & Bathroom breaks. Toileting, handwashing, drink water.
3:15 – 4:30 PM	Outdoor Play / Gross Motor – Team games, obstacle courses, group challenges, or nature walks.
4:30 – 4:45 PM	Transition/bathroom break. Wash hands and prepare for outdoor play.
4:45 – 5:15 PM	Learning Centers & Table Activities – Dramatic play, art, puzzles, and building projects.
5:15 – 5:30	Group Reflection & Choice Time – Closing circle, sharing about the day, and open center play.
5:30 – 6:00	Late Day Routine & Pick-Up – Bathroom routine, quiet play (books, drawing), and goodbyes as children are picked up.