

THE STARFISH ACADEMY

DAILY PROGRAMME

Daily Routine for Children Aged 4 Months to 1.5 Years

6:30 AM - 8:00 AM: Arrival and Morning Playtime

Parents drop off children and settle them in.
Free playtime with age-appropriate toys.
Diaper changes and feeding as needed.

8:00 AM - 8:30 AM: Breakfast

Nutritious and age-appropriate breakfast served in a group setting.
Encourage self-feeding skills where appropriate.

8:30 AM - 9:30 AM: Morning Activities

Age-appropriate group activities such as singing, Storytime, or simple arts and crafts.
Supervised exploration and playtime.

9:30 AM - 10:00 AM: Morning Snack

A small, healthy snack provided.
Promote self-feeding skills as appropriate.

10:00 AM - 11:00 AM: Outdoor Play or Gross Motor Activities

Weather permitting, children play outdoors.
Indoor gross motor activities in case of bad weather.
Supervised play and exploration.

11:00 AM - 11:30 AM: Diaper Changes and Individual Activities

Individual play and exploration.
Diaper changes as needed before lunch.

11:30 AM - 12:00 PM: Lunch

Nutritious and age-appropriate lunch served in a group setting.
Encourage self-feeding skills where appropriate.

12:00 PM - 2:00 PM: Naptime

Provide a quiet and comfortable nap environment.
Individualized nap schedules based on children's needs.

2:00 PM - 2:30 PM: Wake-Up and Diaper Changes

Gently wake children from naptime.
Diaper changes as needed.

2:30 PM - 3:30 PM: Afternoon Activities

Age-appropriate group activities or learning experiences.
Supervised exploration and playtime.

3:30 PM - 4:00 PM: Afternoon Snack

A small, healthy snack provided.
Promote self-feeding skills as appropriate.

4:00 PM - 5:00 PM: Outdoor Play or Gross Motor Activities

More outdoor play or indoor gross motor activities.
Supervised play and exploration.

5:00 PM - 5:30 PM: Evening Activities and Preparation for Departure

Quiet activities, music, or stories to wind down.
Parents arrive for pickup.

Please note that children will undergo nappy changes as needed; this is just an outline of the day.