

## Kowhai Childcare's Daily Rhythm

- **Our day begins...**
- **7:30am** Children arrive during this first hour and half. There is a gradual introduction to the Kowhai daily rhythm. A time for parents to share with staff about their child's day. The morning tea is prepared for the morning bake.....beds are prepared... washing is folded.
- **9:00am** Most of the children will have arrived. Babies may need their first snack of the day. Children will be settling into their developmental groups.
- **9:40am** Tidy away time. The children and teachers together engage in this activity, which is simply an extension of the child's play.
- **9:45am** Morning Circle: A time for singing. A time for children to move from play to morning tea.
- **10:00am** Time for morning tea. The children's hands are washed. Karakia is sung followed by the sharing of kai within their developmental groups.
- **10:30am** Children move into areas of free play.
- **11:50am** Tidy away time. Children transition from play into story or circle time.
- **12:00pm** Time for lunch. Once again everyone joins their groups for karakia and then a delicious and nutritious home cooked kai.
- **12:30pm** After lunch children are either sleeping in the Moe (Sleep) room or resting.
- **1:30pm** Children who are no longer resting or sleeping move into areas of free play. Some of our older children participate in an afternoon programme. This can include building an obstacle course, gardening, music and movement, and bread dough preparation.
- **2:45pm** Children continue to transition from the sleep room.
- **3:00pm** Time for afternoon tea. The children's hands are washed. Karakia is sung followed by sharing afternoon tea together again.
- **3:30pm** Children are prepared to go either outside or inside in the main play area.
- **4.50pm** Children that are still at the centre will be invited to join in late snack.
- **5:00-5:30pm** The last children are collected and staff prepare for the next day.