

What's it all about?

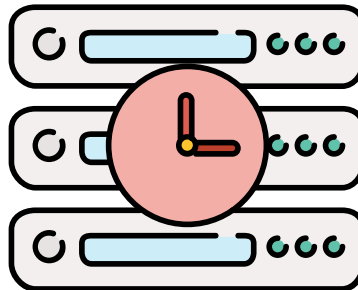
Definition

The routine is the flow of the day, which should be developed to support the needs of the children and allow for meaningful and maximised learning opportunities. It provides consistency for children and includes all aspects of the day such as meals, rest times, transitions, arrivals, pick ups, planned and spontaneous experiences.

What it is not

The routine is not a list of required things that have to happen at certain times that make everyone look at the clock all day. Routines should not dictate the day, they should provide a framework.

Routine



NQF

NQS -

1.1.2 - Child-centred
1.1.3 - Program learning opportunities
1.2.3 - Child-directed learning
2.1.1 - Wellbeing and comfort
2.1.3 - Healthy lifestyle

How to achieve it



The routine should be flexible and follow the needs of the children each day, this might mean meals move forwards if children are hungry, or rest time for tired children. There needs to be structure to the routine, but not so structured it happens without consideration of the children's needs.



Children who are aware of the routine can use this to feel secure, and support them to be able to identify where they are in the day. This can be achieved with visuals that the children have access to in the room.



Where there are changes to the routine let the children know as soon as possible so they feel included in their day and can prepare for the change.