

Daily Routine and Activities Policy (EYFS Updated - September 2025)

Policy Statement: At Butterflies Nursery we provide structured yet flexible daily routines that offer stability, promote holistic development, and reflect each child's unique needs and interests. This policy complies with the revised Early Years Foundation Stage (EYFS, September 2025) to ensure the highest standards of care and learning.

Individualised Daily Routine:

- We collaborate closely with parents to create personalised routines based on each child's age, developmental stage, specific needs, and personal preferences.
- Consideration is given to individual nap times, dietary requirements, health needs, and recommended developmental activities.

Structured Routine:

- Our daily schedule incorporates predictable and consistent routines, fostering a sense of security, stability, and emotional well-being for children.
- The structured day includes designated times for meals, rest periods, focused learning, group activities, and outdoor play.

Play and Learning Activities:

- A variety of age-appropriate, engaging activities are planned to support all developmental areas—physical, cognitive, social, emotional, and creative—in line with EYFS 2025.
- We balance structured, adult-led activities with child-initiated play, fostering independence, exploration, and active learning.

Outdoor Play:

- Daily outdoor play is prioritised, weather permitting, providing enriching physical activities, sensory exploration, and opportunities to appreciate nature and environmental sustainability.
- Outdoor environments are safe, stimulating, and well-maintained to facilitate active exploration and gross motor skill development.

Meal and Snack Times:

- We offer nutritious, balanced meals and snacks that respect dietary needs, allergies, and cultural practices.
- Mealtimes promote positive eating habits, social interaction, independence, and opportunities for children to participate in age-appropriate responsibilities such as table-setting or self-serving.

Rest and Relaxation:

- Quiet spaces are provided for rest, relaxation, or sleep, according to each child's individual sleep patterns and comfort needs.
- Calm, comfortable, and nurturing environments facilitate quality rest periods tailored to individual requirements.

Safety and Supervision:

- Children's safety and well-being remain paramount throughout all routines and activities.
- Staff-to-child ratios are maintained according to EYFS standards, ensuring vigilant supervision and individual attention.
- All staff members hold current first aid certifications and are trained in effective emergency response.

Parent Involvement:

- Transparent daily communication ensures parents are informed about their child's routines, activities, and developmental milestones.
- We actively seek and value parental input regarding their child's preferences, interests, and experiences, encouraging partnership in daily routines.

Continuous Review and Improvement:

- Annual reviews, or more frequently as necessary, ensure routine effectiveness and compliance with EYFS guidelines and regulatory changes.
- Feedback from children, parents, staff, and external agencies is actively sought and utilised to continuously refine and enhance our daily routines and activity offerings.

Alignment with EYFS 2025 Changes:

- This policy incorporates EYFS 2025 revisions, emphasising holistic child development, individualised care, active learning through play, outdoor engagement, parental partnership, and rigorous safety standards.

Signed: Chrissie Day

Date: 2nd July, 2025