



Forever Angels Baby Home **Policy on: Daily Activities**

The children at Forever Angels will be cared for in a loving and stimulating environment. Staff will be trained to provide activities for the children on a daily basis and any visiting volunteers will also be encouraged to create activities to stimulate and engage the children.

This timetable is an *example* of the types of activities the children could be following each day. It may sometimes change depending upon the number of children, age of children, number of volunteers, the weather and other external circumstances, but as much as possible, this timetable should be adhered to:

Daily Routine for Toddlers at Forever Angels Baby Home

This routine can be changed if necessary (due to the weather / sick children / etc) – but please try to stick to it as much as possible.

Prepare Breakfast for Children

- 6.45am – Allow children to wake. Change nappies / Potty time. Leave pajamas on (Unless they are dirty / wet). Any children who are awake earlier can watch T.V., and be bathed if there is time.
- 7.00am – Give children their breakfast – Eat Inside
- 7.15 am – Give children a bath, clean their teeth and get them dressed
All children must have their teeth cleaned for them (they should not just do it themselves). They should be in the TV room with a video on when they are not being bathed.
- 8.30 – Big Toddlers go outside to the garden to play / Little Toddlers stay in Playroom
- 10.00 – Big Toddlers - Preschool weekdays, with snack at 10.30. Weekends – snack at 10.30 in dining room, and then play in garden
Little Toddlers – Activities in the garden

- 11.30 – Sleep time (Quiet time in beds / playroom/garden for children who do not want to sleep)
- 1.00 – Lunch - to be eaten in area outside the kitchen / dining room
- 1.30 – **Activities** – In garden
- 2.30 - Writing class for older toddlers, younger ones stay playing in garden
- 3.00 – Snack – to be eaten in the garden / dining room
- 3.30 – Big Toddlers - **TV room** – to play
Little Toddlers - School
- 4.30 - Water to drink in garden, and then **Activities** – in garden or on porch
- 5.30 – Dinner – Eat in area next to kitchen / dining room
- 6.00 – Bath / Pyjamas / Clean teeth / Watch TV / Quiet activities
- 6.50 - Bedtime

Ideas for Activities :

Singing and instruments
Story time
Writing and reading games
Free play
Music and movement
Free play
Construction play
Sports activities
Sand
Water play
Play dough play
Jigsaw play

Daily Routine for Big Babies at Forever Angels Baby Home.

This routine can be changed if necessary (due to the weather / sick children / etc)– but please try to stick to it as much as possible.

- 6.45am – Allow babies to wake – Give babies their morning bottles when they wake up (as long as it is after 5am, if it is earlier please try to get them back to sleep). Take them all into the playroom with a box of toys. If they are wet or dirty please bath and dress them.
- 7.15 am – Give children a bath, clean their teeth and get them dressed
All children must have their teeth cleaned for them
- 8.30 - Breakfast – To be eaten in dining room
- 9.00 - Nap in their cots
- 11.00am - Wake up from nap and eat lunch in dining room
- 11.30 - Move to garden - **Activities**
- 1.00pm - Big Baby Class at school
- 2.00 - Nap and bottles in their cots
- 3.30 - Children wake from their nap and have Activities on porch
- 4.30 - Dinner – Eat in dining room
- 5.00 - Bath / Pajamas / Clean teeth / Play in playroom / Quiet activities
- 6.30 - Bedtime – Bottles in bed – If they are already sleeping they do not need to be woken for bottles, put straight to bed.

Ideas for Activities:

- | | |
|---------------------------------------|--------------|
| Soft books | Bubbles |
| Video | Balloons |
| Activity toys | Massage |
| Cuddly toys | Cooking |
| Singing/dancing / musical instruments | Sand pit fun |
| Swings / Cars / Paddling pool | Water play |
| Going for a walk | Dressing up |

Daily Routine for Small Babies at Forever Angels Baby Home

6.30am – Allow babies to wake and move to the playroom.

Babies have no real schedule – they should be in the playroom / dining room or outside on the mats when they are awake and with the Tiny Babies – staff and volunteers are expected to talk to them / sing and interact with them the whole time they are awake.

They can be bathed at any time throughout the day, but nappies should always be kept clean and dry.

6.50 - Bedtime – If small babies are sleeping put them to bed, if not move to mat in T.V. room.

Ideas for Activities:

Baby massage

Rattles

Soft toys

Playmats

Singing/musical instruments

If children are sick / tired, they do not need to take part in activities if they do feel up to it. The schedule must be variable to meet the needs of all children at the Baby Home.

Forever Angels Baby Home NGO September 2011 – To be reviewed in 2015