



## PALMERSTON PRE-PRIMARY

Registration Number: C4761

Email: [info@palmerstonpreprimary.com](mailto:info@palmerstonpreprimary.com)

Phone: 021 715 5576

# 3 TO 12 MONTHS

## DAILY PROGRAMME

<b>08h00 -08h20</b>	Breakfast
<b>08h30 -09h00</b>	Bottles for sleep
<b>09h00 -09h45</b>	Sleep
<b>10h00 -10h15</b>	Snack
<b>10h15 -11h00</b>	Back, Tummy and Sitting time - Age Appropriate
<b>11h00 -11h30</b>	Outside time (weather permitting) or inside time in ball ponds, gross motor activities, ball rolling, crawling, rolling etc
<b>11h30 -12h00</b>	Clean-up/nappy change
<b>12h00 -12h30</b>	Lunch
<b>12h30 -14h30</b>	Sleep
<b>14h30 -15h30</b>	Nappy Change, Bottle and Snack
<b>15h30 -16h30</b>	Playtime- outside, weather permitting - Exercises
<b>16h30 - 17h00</b>	Story time
<b>17h00 -18h00</b>	Free Play / Parents Collect

