



A Day in the Life at Little Sunlights Nursery

What to expect in a typical day at Nursery

Each day at nursery is filled with exciting discoveries, learning opportunities, and plenty of fun. At the same time, having a clear daily routine helps children and parents feel comfortable and reassured, knowing what to expect.

No two days are ever exactly the same. With a wide variety of activities on offer, there is always something new happening. We carefully plan each day around different age groups, as well as each child's individual needs and interests. Children enjoy a rich mix of stimulating activities, both indoors and outdoors, throughout the year. A consistent routine helps the day flow smoothly and gives children a sense of security, as they know what comes next.

Arriving at Nursery

The day begins bright and early, with children welcomed from 8am. Our nursery offers dedicated on-site parking for parents, making drop-off and pick-up easy and safe. Safeguarding is a top priority, so all families are asked to ring the doorbell on arrival and wait to be welcomed in by a member of the team.

A staff member will greet you at the door and complete a handover. After cuddles and goodbyes, children find their named peg, helping them recognise letters in their names. They then hang up their coats and bags, ready to begin their nursery day. Children will be registered into the nursery using the Family app. Breakfast is available from 8:00 to 8:30am, offering a selection of cereals with milk or water to drink.

A Morning at Nursery

Throughout the morning, children enjoy a wide range of fun indoor and outdoor activities. There are many opportunities for independent play, where children can follow their interests, explore, and let their imaginations run free.

We encourage children to take part in tidy-up time, helping them learn about routines, transitions, and caring for their environment.

During group time, children share experiences with their friends and talk about what they have been doing. They love these conversations and enjoy hearing about each other's adventures. We then talk about the day, starting with "Who knows what day it is?", followed by our Days of the Week song.

We also discuss the weather, exploring whether it is sunny, windy, or rainy. Children share their favourite types of weather and the activities they enjoy in each. We talk about how to dress appropriately for the weather, staying sun-safe or keeping warm in colder months.

Children enjoy choosing their favourite rhymes and songs and joining in with singing. We also enjoy a "book of the day," where children listen to a story, look at the pictures, and share ideas about what might happen next.

Lunchtime at Nursery

All children are provided with a healthy, nutritious lunch, freshly prepared each day by our lovely chef, Jan. They enjoy their meals with friends and their key person in a calm, friendly environment. Lunch is always a warm, home-cooked meal, followed by a small dessert.

After lunch, children who nap are made cosy ready for a restful sleep time. Naps are important as they support healthy growth, development, and wellbeing. Young children use a great deal of energy learning, playing, and exploring, and rest helps them recharge so they can continue to enjoy their day.

An Afternoon at Nursery

Children who no longer nap take part in adult-led activities during this time. These are carefully planned sessions that may include arts and crafts, cooking, singing, storytelling, or simple science experiments.

While the adult leads the activity, children are encouraged to join in, ask questions, and explore their own ideas. This helps build confidence, independence, and a love of learning.

We also enjoy group activities such as group play, story time, and expressive arts and design. Creative activities allow children to express their thoughts and feelings in their own way. Through painting, drawing, cutting, sticking, and modelling, they develop fine motor skills, coordination, and confidence with different tools and materials.

Art encourages imagination and problem-solving, helping children experiment with colours, shapes, and textures while taking pride in their creations. It is a wonderful way for children to express themselves and share ideas with others.

Children are also encouraged to explore the garden, where they can move freely, discover, and learn in a natural outdoor environment. The garden offers opportunities for running, climbing, balancing, digging, building, and imaginative play. Being outdoors supports physical development, strength, and coordination, while also promoting wellbeing. Children observe nature, notice changes in weather and seasons, and develop curiosity and communication skills.

The garden also supports teamwork and social skills as children play together, share resources, and create games. Most importantly, it gives children the space to enjoy fresh air, be active, and build confidence while having fun.

Snack Time at Nursery

Alongside our main meals, children also enjoy a healthy snack time during the day. Snack is a relaxed and social part of the routine, where children sit together with their friends and key person.

We offer a selection of nutritious snacks such as fruit, vegetables, rice cakes, or crackers, along with milk or water to drink. Children are encouraged to try different foods, develop independence, and practise good table manners in a calm and friendly setting.

Snack time is also a great opportunity for conversation, where children can chat, build friendships, and develop their communication skills while enjoying a small, healthy refuel to keep them going throughout the day.

Tea Time at Nursery

From 4:00pm, we serve Tea Time, offering a balanced and nutritious high tea. Children enjoy a selection of freshly prepared foods that provide the energy they need for the rest of the day, followed by a small dessert.

Home Time

As home time approaches, we enjoy a calm and relaxed time together, reflecting on the day's adventures. We encourage children to share the activities they have enjoyed, the new things they have discovered, and what they would like to explore next time. Children are also gently supported to talk about anything they found tricky or enjoyed less, helping us understand their individual interests and experiences.

As families begin to arrive, we support children in gathering their belongings, saying goodbye to their friends and educators, and preparing for a happy journey home.

These familiar routines help children feel secure and encourage independence, while our end-of-day conversations develop communication skills, build confidence, and ensure every child feels heard, valued, and ready to return for another fun-filled day.

See you all again soon!

