

NIRAH

Early Care

**Meenakshi Ecopark,
Khajaguda**



Nurturing Care and Early Learning

9 Months Onwards



Nirah Early Care is an early childhood centre offering age-appropriate care in a calm, well-managed environment. The centre primarily caters to children from 9 months to 4 years, following a care-first approach with learning introduced gradually and age-appropriately.

Located at **Meenakshi Ecopark**, Nirah Early Care operates through a compact model with small, stable groups and predictable daily rhythms that support young children's comfort, security, and development. The environment is thoughtfully structured to help children feel secure, settled, and confident in their daily routines.

Built on the experience and practices of Nirah Early Years, Jubilee Hills, our programs are designed for families seeking reliable care, meaningful engagement, and consistent routines.

Options for children aged 4–6 years may be explored based on interest and enrolment patterns.





**Small, stable
groups allowing
attentive and
responsive care**



**A calm, well-
paced daily
rhythm with
smooth
transitions**



**Nurturing
caregivers
supporting
emotional security**



**Age-appropriate
expectations for
learning and care**



**Direct and
personal
communication
with parents**

**W
H
Y**

**U
S**





Early Care



Safety and Care

Trained caretakers and nannies
CCTV monitoring
Secure entry and exit
Child-friendly infrastructure
Healthy and nutritious meals

Our Programs

9 Months
to
2 Years

2 Years
to
3 Years

3 Years
to
4 Years

4 Years
to
6 Years

9M to 24M

A care-focused program for families seeking attentive supervision and routine-based support.

- Nurturing care focused on physical wellbeing and nourishment (feeding, sleep and hygiene)
- Age appropriate play and rhymes.
- Nurse-supported monitoring of feeding, milk intake, sleep, and hygiene.

Half Day

9:00 am - 1:00 pm

Full Day

9:00 am - 5:00 pm

SAMPLE DAY

SAMPLE DAY	
9:00 AM - 9:15 AM	Arrival, settling in/Individual feeding as needed
9:15 AM - 9:45 AM	Rhymes and Storytelling
9:45 AM - 10:15 AM	Sensory Exploration/Messy Play
10:15 AM - 10:40 AM	Milk / Snack Time, Diaper Changes, Hygiene Routines
10:40 AM - 11:15 AM	Outdoor Play/Structured Play
11:15 AM - 12:15 PM	Nap Time/Free Play
12:15 PM - 1:00 PM	Lunch Time and Hygiene Routines
1:00 PM - 2:00 PM	Art Activity/Book Reading
2:00 PM - 2:45 PM	Nap Time/Free Play
2:45 PM - 3:30 PM	Fine Motor/Gross Motor Development
3:30 PM - 4:15 PM	Milk / Snack Time, Diaper Changes, Hygiene Routines
4:15 PM - 5:00 PM	Free Play + Pickup

2Y - 3Y

Early Learning Exposure

- Language Acquisition and Communication through stories, rhymes and conversation
- Guided Learning and Parallel Play
- Routine Building and Associative Play Experiences

Half Day

9:00 am - 1:00 pm

Full Day

9:00 am - 5:00 pm

3Y - 4Y

Foundational Learning

- Structured Play and guided Concept Learning Blocks
- Early Literacy and Numeracy awareness
- Continued emphasis on routine, care, and social development
- Nurturing Core Values and Essential Life Skills

Half Day

9:00 am - 2:00 pm

Full Day

9:00 am - 5:00 pm

Meals

Ages 9M - 2 Years (Milk/Meals must be sent from home)

Ages 2 - 4 Years optional

Meals are freshly cooked at our Jubilee Hills campus and transported daily.

SAMPLE DAY (2Y - 3Y)

9:00 - 9:15 AM	Arrivals and Settling in
9:15 - 9:45 AM	Circle Time
9:45 - 10:15 AM	Concept Learning - Block 1
10:15 - 10:45 AM	Snack Time/Diaper Change/Hygiene Routines
10:45 - 11:15 AM	Reading/Story Telling
11:15 - 11:45 AM	Concept Learning - Block 2
11:45 AM - 12:15 PM	Sandpit/Outdoor Play
12.15 - 12.45 PM	Lunch Time
12:45 - 1:30 PM	Half Day Pickup/Nap Time
1:30 - 2:00 PM	Diaper Change/Hygiene Routines
2:00 - 2:30 PM	Yoga
2:30 - 3:00 PM	Fine Motor and Sensory Activities
3:00 - 3:30 PM	Snack Time
3:30 - 4:00 pm	Art and Craft/Story Session
4:00 - 4:30 pm	Guided Play/Music and Movement
4:30 - 5:00 pm	Free Play + Pickup

9M - 2Y

Parent-Toddler Program

Our engaging Parent-Toddler Program is designed to nurture early development through joyful learning experiences shared together.

Each 1-hour session, held three times a week, offers a perfect blend of fun and learning for both parent and child.

The program includes interactive rhyme time, captivating story sessions, hands-on sensory play, and creative art activities. These experiences support language development, motor skills, creativity, and social bonding in a warm, welcoming environment.

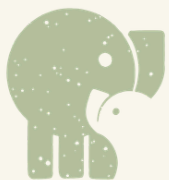
Join us to explore, play, and grow alongside your little one!

Starting July 2026

SAMPLE MEAL PLAN

	Breakfast	Lunch	Evening Snack
Day 1	Uthapam with chutney	Rice with Dal and Stir Veggies	Makhana & Fruit
Day 2	Idli with chutney	Seasoned Curd Rice with Paneer Tots	Carrot Muffin & Fruit
Day 3	Upma	Jeera Rice with Rajma curry and curd	Popcorn & Fruit
Day 4	Poha	Millet Noodles with Soup	Banana Bread & Fruit
Day 5	Dosa with chutney	Vegetable Rice with Raita	Bhel Chaat & Fruit

Ages 9 Months - 2 Years : All Meals and Milk must be sent from home.



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