

Rest Time Policy

Infant and Toddler Program

Infants:

Rest time is an important part of an active child's daily routine. Rest time will be in the morning and after lunch time. All children attending Infant program must participate in rest time at least once per day.

Morning Nap: This will be at the discretion of the parent and the staff member. Times may vary on the infants schedule. Please fill out the appropriate schedule below.

Afternoon Nap: Children who fall asleep during the afternoon nap period will be allowed to sleep as long as necessary or until 2:45pm, this usually means a maximum 2 hours of sleep time. As children wake, staff will be available to assist the children to join in play as they are ready.

Children napping will have their own crib, sheet and sleep sack, No pillows, blankets, bottles or toys will be allowed in the crib. Children will be toiletted and their shoes removed prior to lying down. The children will be relaxed through low lighting, soft music and rubbing their backs by a staff member if desired.

Toddlers:

Nap or Quiet time Definition

Nap time means your child will be provided an opportunity to sleep. Rest time means your child will be provided an opportunity to rest and may not be sleep but will be required to rest their bodies for a period of time.

Children napping will have their own mat, sheet, blanket and cuddly toy if needed, No pillows will be allowed. Children will be toiletted and their shoes removed prior to lying down. The staff will supervise the nap room at all times. The children will be relaxed through low lighting, soft music and rubbing their backs by a staff member if desired.

Afternoon Nap: Children who fall asleep during the afternoon nap period will be allowed to sleep as long as necessary or until 2:30pm, this usually means a maximum of 1 hr, 45mins of sleep time. As children wake, staff will be available to assist the children to join in play as they are ready.

Children whose parents have asked that their children nap, but do not fall asleep that day, will be encouraged to lay quietly for at least 30 mins. After they have laid quietly for a specific period of time they will be allowed to join the rest of the children who are not asleep in other quiet activities.

Rest Time (toddlers only)

Rest time will have an opportunity to be quiet for 30 mins. Children will be expected to be in their own space, which may be on a mat or desired area. During this time they may listen to quiet music, read books or quiet activities. After 30 mins of quiet time, the children may play quietly with activities that will not wake the other children.

Child schedule

I wish my child, _____ to follow the below schedule.

Infant nap schedule (6month-20months)

Morning nap- _____ : _____ am to _____ : _____ am

Afternoon nap - _____ : _____ pm to _____ : _____ pm

Toddler Nap Schedule (21months to 36months)

Afternoon nap Y/N How long _____

Rest time Y/N

Parent/Guardian Signature

Date