

Nap Policy

Dear Families,

All children who are in attendance for nap/rest period (1:00-3:00) will be offered a nap mat and bedroll to rest or sleep on in the classroom. Teachers orchestrate a cozy transition after lunch with stories and whispers. Lights will be turned off, soft music will be played, and teachers will sit with the children.

Children will not be forced to lie down on their mat, but teachers will request that they rest their bodies even if they don't want to go to sleep.

A quiet solitary period of the day offers children respite, relaxation, alone time, and helps children develop self regulation skills to manage their energy and emotions. We believe this quiet part of the day promotes child wellness – even when children are outgrowing their nap. Teachers will assist a child if he or she requests a hand to hold, or wants a gentle back rub. Children are invited to bring transitional objects to school (stuffedies or lovies that remind them of home and give them comfort). Sometimes children like to sleep with their family photos.



After all the children have settled and the sleepers have fallen into their naps, the other children who are not asleep will be transitioned into another room for quiet play. Quiet play includes experiences with books, puzzles, paper, markers, and play-dough in a small group setting with one of the teachers.

Sleepers will remain sleeping no later than 3:00pm. If a sleeper awakes before then, they can transition into the quiet play area. All sleepers and non sleepers are supervised throughout the nap/rest period of the day.

Around the age of 4 and 5 many children begin to consolidate their night time sleep, and naps become shorter. Before kindergarten many children give up their day time nap. This can be a difficult transition, as children are often very tired in the afternoon, and on the ride home, or during the dinner hour. Please keep in touch with us about how your child is growing, adjusting and changing throughout the year. We will work with you to observe your child's needs.

The Bard Children's Center and Nursery School Teachers

Please sign below indicating you understand and agree with the nap policy. If you have any questions about your child's individual sleep and schedule needs, please let us know.

Child's name: _____

Parent/Guardian name: _____

Parent signature: _____ **Date:** _____