

Nap/Rest Policy

Once your child has graduated out of the Infant Room, Licensing requirements mandate a designated Rest Period of up to one (1) hour and no more than two (2) hours every day.

During this time, children will be put down on their individual mats or cots for one hour. Children will never be forced to sleep or woken up prematurely from their naps. After thirty (30) minutes, if a child awakens on their own or is still awake, they will be given books or soft toys to play with *on their mats*. If after an hour, they choose not to or are unable to sleep, they will be allowed to sit at a table for quiet activities until the rest of the class awakens.

Our teacher ratios do not allow us to have children completely opt out of the nap/rest period.