



## **Nap and Rest Policy** **Revised March 2016**

Many Rivers Montessori's staff ensures each child's developmental need for adequate rest is provided for our full day children. During the course of the school year, a child's rest habits may change with their stage of development. The staff will observe sleeping /resting patterns and make daily schedule adjustments, reviewing these arrangements with parents at the fall and spring conferences. The basic approach to nap is as follows:

- Toddlers - All toddlers rest and/or nap
- Three-Year Olds: All three year-olds rest and/or nap
- Four-Year Olds: Resting/napping is available but not required, depending on each child's stage of development, staff observations, and the parent/guardian's submitted information.
- Five-Year Olds: Do not rest or nap, but remain in the classroom for a full afternoon work cycle.

A child who has completed their nap or rested quietly for 30 minutes will not be required to remain on a cot or nap mat nor remain in the nap room. He or she will be brought back to the environment. If a child wakes to use the restroom and is not fully awake, he/she may re-enter the nap room and given a reasonable amount of time to fall back to sleep. Sleeping children will not be wakened prior to 3:00.

Parents will provide bedding (both a crib sized sheet and a blanket) for each of their children who nap or rest during the day. A comfort item is also allowed for naps only. Bedding is sent home with the family once a week for washing or dry cleaning, and anytime it is soiled or wet.

Many Rivers Montessori does not use cribs. Cots will be set up in a quiet area that is separated from children who are engaged in activity that will disrupt a napping or resting child. The child's cot will be placed on the floor, not stacked when in use, and situated so that there are clear aisles and unimpeded access for both adults and children on at least one side of the cot.

At least one adult remains in the room while children are napping and/or resting.

### Tips for Parents when Children are Transitioning out of Nap

- The period during which a child phases out of napping can be a challenging time at home as children can be irritable and have irregular/late evening bedtimes.

- It is often the case that a child phases out of nap at home before they do at school and it can take some months before home and school napping are in sync.
- A short period of time, a week or two, of decreased naps may not mean a child is transitioning out of napping. It could be a reflection of a sleep regression which will resolve itself with time. Observation over seven to fourteen days will help draw an accurate picture if a child is experiencing a sleep regression or a true transition out of naps. (<http://www.babysleepsite.com/baby-naps-2/how-to-manage-baby-toddler-nap-transitions/>)
- Quiet time is beneficial to those who are transitioning out of nap. As a child progresses to no longer napping, there will be days where a child does fall asleep. At first, a child may nap three days, and then decrease to two, and so on. Allowing this natural process to occur can lead to a more peaceful transition. (<http://sleep lady.com/napping/tips-for-transitioning-from-the-afternoon-nap-to-quiet-time/>)

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