



Our Naptime/ Rest Time Policy

Imagine an entire 10-hour day with a classroom of toddlers and preschoolers. Now imagine it with no napping or downtime for them...and certainly not for you either. Oh, no! It sounds about as much fun to you as it does to their early childhood teacher.

With circle time, outdoor and indoor play, sensory explorations, reading, art, music, and more play in our stimulating group, TSCCs recognizes and understands the need for young children to nap or rest during the day. The primary reason behind a naptime policy is to make sure all children can calm their bodies, minds, and emotions for a while so that they don't become irritable in the afternoon. **Resting or napping plays an essential role in young children's bodies and brains. Napping or resting gives children the time to recuperate from the busy commotion of the classroom and allows them to regain the mental strength to undertake the skills necessary for social-emotional learning and self-regulation in the afternoon.** Naptime/ rest time along with a good night's sleep helps the entire group stay safe before, during and after their time in childcare.

Children under 5 years of age usually need some amount of rest during the day to provide downtime for their bodies to rejuvenate. **On average, preschool children (aged 3 to 5 years) sleep 10-12 hours at night in addition to approximately a one-hour nap in the afternoon. Toddlers (aged 1-3 years) may need a 2-3-hour nap in the afternoon.** Children's nap schedules vary slightly depending on age and individual needs. **If you are finding bedtimes are difficult in the evenings, you may need to review what your home expectations are or your nightly routines.** Nighttime routines also play a role in settling young children to sleep. A warm bath, quality snuggle time, bedtime stories and setting limits promote healthy sleeping habits. Usually, a bedtime of 7pm for infants and toddlers or 8pm for preschoolers is recommended for a child waking between 6 and 6:30 am, but this may need to be adjusted according to your child's and your desired wake-up time/ bed-up time. **At TSCC we usually recommend 10 hours nighttime sleep and 2 hours afternoon sleep for a total of 12 hours sleep.**

While not every child can easily sleep during naptime, we require that non-sleeping kids (preschoolers) are quiet during this restful period. A nap is not forced on any child; your child does not have to sleep. Teachers typically will tell the children that they should try to sleep, and if they can't, they need to sit or lie quietly. **After the first 20-30 minutes this can include a quiet time activity such as looking at a book or sitting on their mat drawing or doing a puzzle.** Understandably, this policy helps napping children to fall asleep easier and provides a calm atmosphere in the room. The naptime environment is calming with soft music and dim lights. Everyone also has their own mat, sheet, blanket, and pillow. Toddlers have cribs in a separate room. TSCC provides the bedding. However, the parent may provide alternative ones that is comfortable for their child if they are not too large and cumbersome to store. TSCC will wash the bedding and disinfect nap mats/cribs once a week and as needed if soiled.

Our naptime routine starts after lunch. We go through a similar routine every day for the children to understand what is expected of them, so they feel safe and secure. At TSCC we have one teacher and 8 children. It is important that parents understand that because of this all children need to rest (sleeping is discretionary). We do not have additional teachers to offer other separate supervision for non-sleepers. No bottles or sippy cups are permitted while napping. Our nap/rest time typically will be from 12:00 to 2/2:30, depending on the children's needs. We ideally wish for this time to be one of rejuvenation, relaxation, and care for all our children's individual needs.