

Exploring the Puddle

Early Learning Centre

Policy 14.0

REST TIME

Children will be provided with their own bed and a quite area for rest times.

Procedure:

1. Each day after lunch time is rest time. Children use the bathroom and brush their teeth before getting on their beds.
2. Children are required to lay quietly on their own beds for a minimum of a 20 minute rest period as required by licensing.
3. Children are not required to sleep but are encouraged to “rest their bodies”. If a child falls asleep, they will be gently woken at the end of rest time.
4. Children who do not sleep will play “quiet activities” while the others rest
5. The length of rest time in the infant/toddler class will depend on each child. The educator will try to meet nap patterns while keeping with the daily routine
6. It is the responsibility of the families to send a blanket (pillows and snuggle toy can be provided by families also)
7. Soothers allowed for children under 2.5 years

Last update: May 2015

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