



# REST PERIOD

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Regular time is set aside in each classroom for a sufficient rest period. This period is designed to allow those children who need to sleep the opportunity to do so, and a quiet restful period for those who do not normally sleep. Children are encouraged to listen to music, watch special movies, read books, etc. during this quiet time. No child will be forced to take a nap but all will be encouraged to be still and quiet to respect the needs of others during this time. This time will not exceed two hours for preschool children. Individual baby beds and mats will be provided for the children. Parents are asked to bring a favorite small blanket and crib sheet from home for their child. All blankets and sheets will be sent home on Friday to be washed. This keeps them smelling like their home and helps them relax while at daycare. Parents are asked to please remember to bring them back on Monday.

