



Ask us why our logo is orange.
#EveryChildMatters

NAPTIME

INFORMATION AND INSPIRATION

The need for rest and sleep varies greatly at different ages, and even among children of the same age; however, rest is an important part of the day for all children. This provision allows for a period during which quiet activities are encouraged and children can nap if required.

(pg. 103 – [Child care Centre Licensing Manual](#))

HOW CAN WE SUPPORT THE VARYING REST NEEDS OF EACH CHILD IN THE CLASSROOM?



✓ **Consider the environment.** Does it communicate to children that it is time to rest? i.e. is the room dark enough? Is the music calm and soothing? Are you communicating in soft, soothing tones?

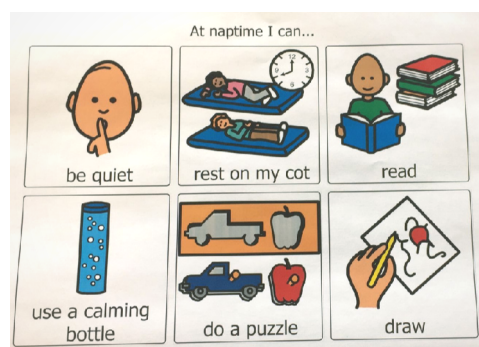
✓ **Create a sense of calm before rest time starts.** Support children in down-regulating by playing calming music during lunch time, incorporating mindful breathing and/or stretching exercises during group time, reading a quiet book to children on their beds, etc.



✓ **Use Visuals.** Visuals help children to see what you mean. Create a visual that outlines the expectations during rest time; these could include "play independently", "stay on your bed", "be quiet and respectful", etc.

✓ Using a **Visual Activity Choice Board** specifically for rest time could help instill a sense of autonomy in children as they would select an activity of their own choice.

Here are some Visual Supports offered by THRC



WHAT OTHER STRATEGIES COULD YOU TRY TO SUPPORT CHALLENGES IN THE NAP TIME TRANSITION?

- ✓ **Be strategic with bed placement.** Consider placing children who nap for longer periods in a quiet area of the classroom so they won't be disturbed by children who are awake.
- ✓ **Plan quiet activities for children who do not sleep or wake up early.** Create individual bags with names/pictures containing quiet toys and/or books to help keep children quiet and engaged. Change these items often so they remain interesting and motivating.
- ✓ **Some quiet activity ideas include:** story books, colouring books and crayons, mini notepads and pencils, fidget tools, toy animals, sensory bottles/bags, loose parts (any materials that wouldn't create noise), etc.

BIN #5045 - NAPTIME SUPPORT IS AVAILABLE FOR BORROWING FROM THRC RESOURCE LIBRARY



ADDITIONAL RESOURCES

[Nap time is for Letting Go](#)

[Quiet Activities for Preschool Nap Time](#)

[Naptime Considerations](#)

