

WHAT'S THE STANDARD

- Children 18 months and over should be provided with a sleep or rest period after their noon meal.
- Sleep or rest period must not exceed three hours
- You must not force a child to sleep or put anything in or on a child's head or body to force them to rest or sleep.
- You must allow each child who is awake after resting or sleeping for one hour to participate in an alternative, quiet activity until the nap/rest time is over for the other children.
- You must sanitize each crib be a different child uses it and when soiled.
- Soft or loose bedding such as blankets, sleep positioning devices, stuffed toys, quilts, pillows, bumper pads, and comforters must not be used in cribs for children younger than 12 months of age.
- An infant may remain in the crib or other confining equipment for up to 30 minutes after awakening, as long as the infant is content and responsive. You must take a toddler who sleeps or rests in a crib out of the crib for other activities when he awakens.
- If 13 or more children are in care, you may reduce the child/caregiver ratio for children 18 months and older by 50% during naptime when children are combined in a central sleeping location.
- Infants not yet able to turn over on their own must be placed in a face-up sleeping position.
- Caregivers supervising during naptime must be physically present in the room or area in which children are napping and must be able to summon additional employees without leaving the room.
- You may lower the lighting, provided there is adequate lighting to allow visual supervision of all children in the group at all times.
- Each non-walking infant must sleep in a crib.
- An individual cot, bed, or mat that is waterproof or washable for each walking child should be provided.
- Cots, beds, or mats must be labeled with the child's name. Labeling cots, beds, or mats with a number related to a number assignment map may be used as an alternative.
- Floor mats used for napping must be marked or colored so that the sleeping side can be distinguished from the floor side.
- Napping equipment should not block entrances or exits to the area, not be set up during other activities and left in place to interfere with children's activity space, be arranged to provide a sufficient walk and work space for caregivers between each cot and mat, be arranged so that each child and caregiver has access to a walkway without having to walk on or over the cots or mats of other children, should be arranged head to toe, and be arranged so the caregiver can adequately supervise all children in the group.



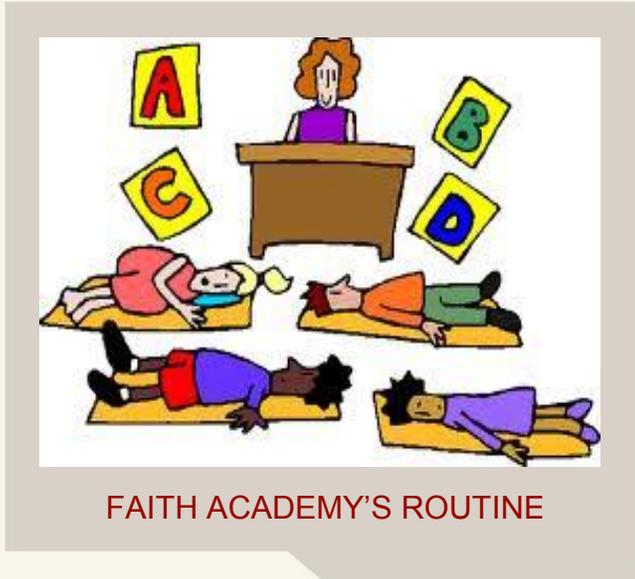
TIPS AND TRICKS

- Settle down at the same time and in the same place each day
- Read a story and settle them down in a quiet, dark room.
- Keep naptime consistent from day to day. Toddlers need routine to feel secure. If children go through the same steps each day they'll know what to expect, and you can hope they'll be more compliant.
- Stay firm but calm. Although it's frustrating having to deal with a toddler who won't nap, the best thing you can do is not show them that they are getting to you.
- Try to avoid making naptime a battleground. Tell them that they look tired and need to rest, and you do, too.
- If they absolutely refuse to nap, leave her with some toys and books and tell her it's quiet time. Although she won't feel as rested as she would if she'd slept, having an hour or two when she's not involved in rambunctious play can at least shore up her energy.
- Massage therapists suggest massaging the palm of the hand.

DIRECTOR'S DESK

WHAT'S WHAT IN THE WORLD OF NAP

JULY 2013



- After children have completed potty routines. Check the nap chart and lay down mats accordingly. The sleep side is blue, the floor side is red.
- As mats are put down, children may sit quietly on their mats with a book until all mats are down.
- The teacher should then collect the books and set aside for later.
- Sing the following verses with the children as they do the motions.

Spread my sheet (make hand motions across sheets)

I spread my sheet, my body's worked so hard.

Stretch my hands,

I stretch my hands, My body's worked so hard.

Touch my toes

I touch my toes, My body's worked so hard

Sit on my mat

I sit on my mat, My body's worked so hard

Stretch my legs

I stretch my legs, My body's worked so hard

Stretch my back (they all lay down on their backs)

I stretch my back, My body's worked so hard

Close my eyes

I close my eyes, My body's worked so hard

Turn off the light (teacher does this while they sing)

Turns off the light, My body's worked so hard.

- Go around to "tuck in" each child. Pray over each of them- for Rest and Peace.
- Using the puppet- Mrs. Nap. She comes out only when the children are laying on their cots and are quiet. Read the children a bed time story.

- Find several quiet, small, building toys, drawing toys or manipulatives and distribute them to the "non sleepers", once the "sleepers" are asleep. As long as they manipulate the small toys quietly, they are allowed to.
- You may play music at a very low level. The nap time music CD should not be something that is played during the day. It should be instrumental and not vocals.
- At the end of each nap period as children awake ask for assistants to take children to the potty. As they return they may read a book. When children awaken fold up their sheets and blankets and place in individual cubbies and set the nap mats out to be sanitized.
- After snack assistants should sanitize each mat with soap and water, water, and bleach and water then dry each mat before returning them to the classroom.
- On Wednesdays and Fridays, crib sheets are washed. Please remove them and place in the hamper and put new ones on.
- On Fridays mat sheets are washed. Please place sheets in the hamper.

WHAT THE EXPERTS SAY

Although at around 18 months, toddlers typically go from two naps a day to one, napping is still vital to their health and well-being. In fact, experts recommend that 2-to 3-year-olds get 10 to 12 hours of sleep during the night, with an additional 1 to 2 hours of shut-eye during the day.

During this age, toddlers are going through a marathon of development. So much is happening both intellectually and physically that sleep is the only way they can restore themselves. In order to keep up the pace in their physical and intellectual development, sleep is a must. In fact, according to sleep experts, naps facilitate toddler's cognitive development. Research has found that cortisol, a hormone that increases with stress, falls dramatically during a nap. As a result, toddlers awaken happier, more alert, and better prepared to learn about and explore their world."

Toddlers fight the urge to rest simply because they are so interested in what's going on around them. The curious toddler has so much to see and do and their afraid that if they nap, they'll miss out on something. Toddlers are beginning to understand that they are separate from you and are their own person, so they assert their independence whenever they can. Refusing to take a nap is one way they wrests control from you.