



## Nap Time Arrangement Policy

- Children will be offered a daily rest period in their classroom.
- Cots will be provided in The Den and The Hive.
- Mats will be provided in The Burrow and The Nest.

Appropriate sleep, rest and quiet time will be provided so that children can sit quietly or lie down to rest; **withholding or forcing sleep is prohibited.**

**Per the NYS OCFS Day Care regulations, staff are NOT PERMITTED to wake children up from their nap.**

Please provide a crib sheet, small blanket and a favorite stuffed animal for nap. These items will be sent home weekly to be cleaned. As the teachers help the children get ready for nap, they will walk around the room and help cover the children with their blanket and then spend a few minutes rubbing the children's backs if needed. Teachers will position themselves so they can see all of the children in the room during nap time.

For children who are unable to nap, time and space will be provided for supervised quiet activities. Quiet activities include: books, puzzles, quiet games and drawing/coloring.

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Child's Full Name (Please print clearly)

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I have received, read and understand the CELC Nap Time Arrangement Policy.

Parent Name (Please print clearly)

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Parent Signature

Date

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