

REST POLICY

We believe that rest is a very important part of the child's daily program.

We observe quiet time from 12:30 - 2:30 pm. Children are encouraged to lay quietly at the beginning of this time to allow other children to fall asleep.

Children who are still awake after 1:30 pm are offered quiet activities.

If your child has a special blanket or cuddly toy, you may send it for rest time.

Please do not ask us to keep your child up during rest time. It is our belief that children require rest to promote growth.

If you do not wish your child to take naps our program may not fit your family's needs.

November 2006

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