



Our Naptime/ Rest time Policy

Imagine an entire day without your preschooler napping or having downtime. Oh, no! It sounds about as much fun to you as it does to their daycare teacher. With circle time, outdoor and gym play, art, music and more play in our stimulating group centre, we recognize and understand the need for a young child to nap or rest during the day. The primary reason behind a naptime policy is to make sure your child doesn't become irritable in the afternoon, and that they stay safe before, during and after their nap time. Preschool children usually need some amount of rest during the day to provide downtime for their bodies to rejuvenate. On average, preschool children (aged 3 to 5 years) sleep 10-12 hours at night in addition to approximately a one hour nap in the afternoon. Children's nap schedules may vary depending on age and individual needs.

While not every child can easily sleep during naptime, we require that non-sleeping kids are quiet during this restful period. A nap is not forced on any child; your child does not have to sleep. Teachers typically will tell the children that they should try to sleep, and if they can't, they need to sit or lie quietly. This can include a quiet time activity such as looking at a book or sitting on their mat drawing or doing a puzzle. Understandably, this policy helps napping children to fall asleep easier and provides a calm atmosphere in the room. The naptime environment is calming with soft music and dim lights and everyone has their own mat. Parents or Windridge Park ChildCare Centre will provide the bedding (fitted sheet, blanket) that is comfortable for their child. Teachers will wash the bedding and disinfect their mats once a week.

Our naptime routine starts after lunch and our teachers go through a similar routine every day for the children to understand what is expected of them so they feel safe and secure. Our ratio, as stated by Vancouver Coastal Health licencing, is one teacher to 8 children together at nap time. Nap/rest time is required of all children in child care who are in attendance for 4 hours or more. Your child may bring a soft toy, pillow and blanket for naptime. Your child is provided with an individual resting place. It is important that parents understand that all children need to rest. No bottles or sippy cups while napping. Our nap/rest time typically will be from 1:00 to 2:00, depending on the children's needs. We ideally wish for this time to be one of rejuvenation, relaxation and care for all our children's individual needs.