



Policy Statement

Maple Ridge Child Care Society provides a 1:00 pm – 3:00 pm for nappers and a 30–45 minute daily rest period for non-nappers to allow children an opportunity to rest their bodies, relax, and calm themselves after a busy day.

Procedure

During the first 15 minutes of rest/nap time, all children are encouraged to settle onto their mats and engage in a quiet, calming rest period. Children who require or choose to sleep will be provided with a comfortable and appropriate environment to nap.

After the initial 15 minutes, children who are not sleeping or who do not require a nap will be provided with quiet activities on their mats, such as colouring, puzzles, books, or age-appropriate manipulatives. These activities will be selected to maintain a calm and quiet environment while allowing children to remain engaged without disturbing children who are sleeping.

Children will not be forced to sleep. Staff will respect individual children's sleep needs while ensuring that the rest period remains a calm and restful part of the daily routine.

Supervision

Staff will actively supervise children throughout the entire rest and nap period and ensure that children who are sleeping are not disturbed by activities provided to children who remain awake.