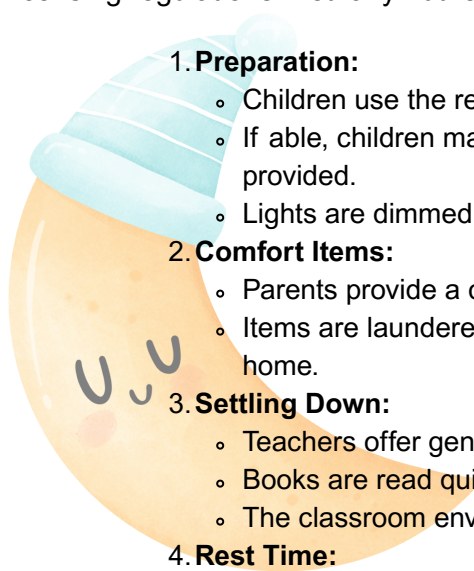


Naptime Routine (Daily, Full Time Children)

Every day, after lunch, each child is provided a designated nap cot, labeled with their name and spaced according to licensing regulations. Bethany Lutheran Preschool designates and provides the nap box that all nap items must fit into.



1. Preparation:

- Children use the restroom/are diapered and wash their hands.
- If able, children make their cot with materials provided. If not, teachers make cots with materials provided.
- Lights are dimmed and soft instrumental music is played.

2. Comfort Items:

- Parents provide a crib sheet and small blanket, all labeled and kept at school.
- Items are laundered on site according to classroom schedules; heavily soiled items will be sent home.

3. Settling Down:

- Teachers offer gentle guidance and calming presence to help children settle.
- Books are read quietly to create a peaceful transition to rest.
- The classroom environment is kept quiet, consistent, and soothing.

4. Rest Time:

- All children are encouraged to rest quietly for a minimum of one hour, as per California licensing.
- If a child does not fall asleep after 30–45 minutes, they may be given a quiet activity (book, puzzle, drawing) to do on their cot.
 - Per licensing and a child's rights, teachers are unable to prevent a child from falling asleep or getting adequate rest. Quiet activities will not be provided before a child has had the chance to rest their body.

5. Waking Up:

- Rest period ends at 2:30pm and lights are turned on and general music is played. Children sleep until natural waking occurs.
 - i. With the exception of early pick up when parents' help may be needed.
- After waking, if able, children unmake cots, put sleep materials away, use the restroom/are diapered, wash hands, and transition to the next activity.

Parent Resources and Tips for Supporting Naptime:

- Maintain a Consistent Naptime/Bedtime at Home: A consistent sleep schedule helps your child rest better at school and home.
- Talk About Naptime Positively: Reinforce that rest helps us grow strong and healthy, just as God cares for our bodies and souls.
- Pack Familiar Items: A special, small blanket or small, stuffed animal from home provides comfort and consistency.
- Avoid High Sugar Snacks Before School: A calm body supports a restful nap.

Recommended Reading for Parents:

- "The Importance of Naps for Preschoolers" – HealthyChildren.org (*American Academy of Pediatrics*)
- "Christ-Centered Parenting" – LifeWay Resources
- "Sleep, Rest, and the Young Child" – NAEYC.org

We teach children that rest is part of God's design, as seen even in creation: *"By the seventh day, God had finished the work He had been doing; so on the seventh day He rested."* (Genesis 2:2). Through rest, children learn not only physical renewal but also trust in God's loving care.

If you have questions about your child's nap routine or would like ideas for supporting better rest at home, please contact your child's teacher or the preschool director.