

The need for rest and sleep varies greatly at different ages, and even among children of the same age; rest is an important part of the day for all children. This provision allows for a period during which quiet activities are encouraged and children can nap if required. - [Child Care Centre Licensing Manual, pg 103](#)

### HOW CAN WE SUPPORT THE VARYING REST NEEDS OF EACH CHILD IN THE CLASSROOM?



- ✓ **Consider the environment.** Does it communicate to children that it is time to rest? i.e. Is the room dark enough? Is the music calm and soothing? Are you communicating in soft, soothing tones?

- ✓ **Create a sense of calm before rest time starts.** Support children in down-regulating by playing calming music during lunch time, incorporating mindful breathing and/or stretching exercises during group time, reading a quiet book to children on their beds, etc.

- ✓ **Using a Visual Activity Choice Board** specifically for rest time could help instill a sense of autonomy in children as they would select an activity of their own choice.




- ✓ **Using visuals.** Visuals help children see what you mean. Create a visual that outlines the expectations during rest time; these could include “play independently”, “stay on your bed”, “be quiet and respectful”, etc.


Here are some Visual Supports offered by THRC’s Resource Library.




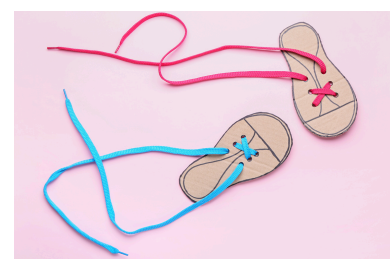
# WHAT OTHER STRATEGIES COULD YOU TRY TO SUPPORT CHALLENGES DURING THE NAPTIME TRANSITION?



 **Be strategic with bed placement.** Consider placing children who nap for longer periods in a quiet area of the classroom so they won't be disturbed by children who are awake.

 **Plan quiet activities for children who do not sleep or wake up early.** Create individual bags with names/pictures containing quiet toys and/or books to help keep children quiet and engaged. Change these items often so they remain interesting and motivating.

 **Some quiet activity ideas include:** story books, colouring books and crayons, mini notepads and pencils, fidget tools, toy animals, sensory bottles/bags, loose parts (any materials that wouldn't create noise), etc.



# ADDITIONAL RESOURCES

Naptime is for Letting Go

Quiet Activities for Preschool Nap Time

Naptime Considerations



Have you taken out  
THRC's Resource  
Library's Naptime  
Support Bin?

Ask for Bin  
# 5045



Other Resource Bins that can support naptime:

Mindful Baby #11383

Self-Regulation: Find Your Calm #11773

Self-Regulation: Fidget Resources #6514



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