

## Nap at Woodland Hill Montessori School

All three-year-olds who attend a full day of school will rest during their school day. After lunch ends, the children use the bathroom and settle into their bedding on their mat, around 12:45 p.m. The lights are dimmed, the room is quiet with soft relaxing music in the background. Once settling down, your child may nap up to 1½ hours. The napping children are supervised and supported as needed during this rest time.



When your child wakes according to their natural nap rhythm, they will pack up their nap mat and return to work and classroom happenings. If still asleep, they will be gently woken at 2:15 p.m. to rejoin their classmates and finish their school day's activities.

Nap mats are provided by the school for the children and are washed daily with a disinfecting solution (more often as needed). Your child's nap items will be sent home to be laundered every week. Please remember to return them when they return to school the next week!

### **Your child will need the following for naptime:**

- a **SMALL** *crib-sized* sheet (bassinet sized sheets do not fit on our nap mats)
- a **SMALL**, *crib-sized* or *receiving-sized* blanket
- a **SMALL**, bag labeled with family name, to hold all items, see below
- Optional: a **SMALL** soft comfort stuffed animal / object that does not make any noise
- Optional: a **SMALL** *camp-sized* or *travel-sized* pillow

\*\*Some families have chosen to purchase an all-in-one roll up mat to be used on top of the school provided nap mat, for their child. These are acceptable as long as the dimensions do not exceed 52"x22" unrolled.

Two examples are:

Urban Infant <https://www.urbaninfant.com/tot-cot/>

Rollee Polle <https://rolleepollee.com/category/rollee-pollee-nap-sac/>

Please label all items with your child's name. Our storage space is very limited; we cannot accommodate anything large for your child's naptime needs. If you do not use an all in one roll up mat, you will need a bag to transport nap items home to be laundered. In the event your child's nap items need to be laundered mid-week, they will be sent home as needed. Please be sure to send your child in with nap items their next school day.

If your child has any specific naptime needs, habits or any concerns that you would like to share with your child's teachers, please outline below, and return to your child's teacher.

Thank you.

Child's Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Special information: