

Big Sandy Area C.A.P., Inc. – HEAD START
Program Policies and Procedures

Naptime

POLICY:

Children will be given a nap/rest time each day in full-day classrooms

GUIDELINES:

1. Naptime will consist of dim lighting and soft music.
2. Adults may use reading as a source of relaxation for the children as they prepare for naptime.
3. A naptime period is required for all classrooms that operate more than 5 hours per day. Naptime will not be appropriate for any classroom operating less than 5 hours per day.
4. Naptime should be at least 30 minutes, but no longer than 1 hour each day.
5. Children will continue to be supervised by two adults even at naptime.

Approved by the Policy Council August, 2013