

Eastford Readiness Council

REST TIME

Rest time is intended to be a time for the children to rest their bodies. The children are not required to sleep, but are asked to be quiet and still so those who would like to sleep can. Some children DO fall asleep.

The layout of the cots is shown on the map that can be found in the classroom. The stack of cots is located in the storage cabinet in the hall, under the stairs.

- Each cot is marked with a symbol corresponding to a specific child.
- Each cot is marked with a black piece of tape that tells the child at which end of the cot their head should be.
- The children need to be separated by a minimum of three feet from head to head.

Children have blankets or other rest time comforts kept in bags in their cubbies. It is best if the person setting up the cots also distributes the blankets, in order to simplify the process.

Rest time protocols are written in the classroom schedule and in information shared with families. The teacher determines the length of rest time as well as what happens at rest time (i.e. music, books, puzzles, work folders, just resting, etc.) based on the children's energy level and needs on a daily basis.

At the end of rest time cots and blankets are returned to the proper storage areas.

If a child does fall asleep, provisions are made so that child may stay asleep or gently woken up depending upon the upcoming schedule. (For example, other children are directed to play in centers away from the sleeping child)