



www.evergreenmontessori.org

Nap & Rest Time

Pursuant to MN Rule 9503.0050, the parent of each child must be informed at the time the child is enrolled of the center's policy on naps and rest.

Evergreen's nap and rest policy is consistent with the developmental level of the children enrolled in the program. Every child will observe a minimum 30 minutes of rest/quiet time. Evergreen Montessori provides the following options to parents:

I would prefer my child, _____
Child's Name

- To only observe the 30 minutes of quiet time (no nap). During this time, I understand my child will be participating in quiet activities such as a read aloud, puzzles, or independent work time.
- To rest/nap as long as my child needs. I understand that if my child has rested for 30 minutes and has not fallen asleep, my child will participate in quiet activities such as a read aloud, puzzles, or independent work time. Children will be awakened approximately 3:00pm.
- To rest/nap not more than _____ minutes from the time they fall asleep.

Bedding (blanket & pillow) will be provided by the parent/guardian and will be washed weekly or when soiled or wet by parent/guardian.

I understand and agree to the above policy, indicating my nap/rest time preference for my child. I will notify the center if my preferences are to change.

Parent signature

Date