

## Napping Patterns of Children

Identify the children in your classroom: (this will change as children grow and develop)

Consistently Sleeps

Sometimes Sleeps

Never Sleeps

Sleeps if supported

### Other information needed:

- home sleep (night time/day time/nap) patterns
- routines before sleep at home, ie. story, quiet activity, drink of water, etc.
- child's individual sensitivities/temperament
- physical supports needed, ie. back rub, blanket, lights off/on, background music/noise
- if the child does not sleep what are the child's interest re: quiet activities
- what helps to calm/relax individual children

### Strategies:

- leave the option open for sleeping at times other than the specified nap time
- think about: what flexibility do we have in our environment? What can be moved/changed to make space for children to rest or sleep undisturbed?

(continued on other side)

- ask yourself: are our transitions from lunch to nap gradual enough to allow children to release energy/stress and to begin the process of relaxing? They will be able to make better choices about sleeping if they are relaxed enough to know if they are feeling tired or not
- assist the children who consistently sleep first, then evaluate and give choice to others in a way that allows for individual needs
- do not turn off all of the lights – (1) the children who are not napping need light for their activities, and (2) when children sleep during the day in their homes it is not totally dark
- periodically during the day provide relaxation/calming activities for children to choose from; nap time should not be the only time for relaxing (check out the Mental Health Resource book for relaxation techniques)