

Naptime Notes

When napping at school for the first time, children and their grownups may feel a little excited, a little nervous, or a little bit of both! Our goal is to ease your child's transition into their new routine as smoothly as possible and to create a special atmosphere they look forward to sharing with their teachers and classmates.

What we do:

- Create a cozy, predictable naptime routine, including calming stories and lullabies.
- Prepare a nap mat with a sheet, blanket, and pillow, and label for each child.
- Encourage children to bring in any item(s) from home that help them feel as comfortable as possible. Perhaps a stuffy, pacifier, lovey, small blankie, or special picture of their family will help your child feel connected and cozy.
- Play soft calming music and white noise.
- Always be available to sit with children who need a little extra snuggle.

What you can do before school starts:

- Let us know about your child's nap routine at home and/or in other school settings.
- Adjust home nap timing to mirror school nap timing, so your child's body gets used to the schedule.
- Expect your child will go through a transition process with ebbs and flows. Have faith that it will get smoother and easier with each passing week.
- Talk with your child about what is going to happen at school:
 - Go over the day's plans the day before, and even on your way to school. Include morning class, lunchtime, and EAC.
 - Make sure to include that after naptime, "You get to play more!"
 - During home naptime say, "Pretty soon you will be doing this at school;" "Won't it be fun when you have nap with your friends at Little School?!"
- Remind your child:
 - "Daddy/Mommy/family member/babysitter always comes back"
 - "Your teachers are going to stay with you while you are sleeping. They will help you feel so cozy."
 - "I know that your teachers are going to take such good care of you."

What you can do during phase-in:

- Know that our top goal for your family's naptime phase-in is to offer your child the experience of feeling comfortable and secure at naptime at school. Don't worry if they don't nap the first week!
- Relax ☺ Enjoy sharing your child's new afternoon routine with them.
- Focus on kids rather than other parents to keep the volume low and help teachers hold the group's attention.
- Trust that your child **will** get more familiar with their lunch and naptime routine and teachers.
- Remember- your child experiencing the 1st week of school will look much, *much* different than your child at school in October!

Naptime at The Little School is such a sweet, special, intimate time of the day and we really look forward to helping your child come to cherish the connections and routines that happen at naptime as much as we do.

Looking forward to sweet snoozes with your little ones,

The EAC Summer Team