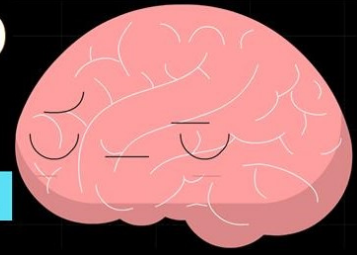


EARLY CHILDHOOD INSTITUTE

///TINY TRAININGS FOR CHARGING POSITIVE PROGRAMMING\\



Guide to Happy Rest Time

challenge	suggestion
Many children have trouble settling down	Review: (a) activity level prior to nap--relaxing, quiet? (b) Method of creating mood--story, music, relaxation activity used? (c) environment--comfortable temperature, low lighting, enough space? (d) role of adults--present, speaking quietly, lying with children, rubbing backs?
Children express many needs, are restless, or are engaged with one another	Establish an environment of calm. Consider using Conscious Discipline breathing techniques (S.T.A.R., balloon, pretzel) as children settle into their rest mats/spots. Utilize "I Love You" rituals to "tuck in" each individual child and make connections in a positive way.
Children rest, but many are ready to rise too early	Assess length of naptime, consider shortening. Start early risers doing quiet activities
Older children don't sleep, ready to rise before others	Move older children to different room or separate area. Allow to read books on mats. Allow to rise early and do quiet activities
Individual child doesn't sleep; ready to rise. Doesn't seem tired.	Check with family member about child's sleep schedule and habits. Some children need less sleep than others. If willing, try solution above for older children, note how child responds
Individual child doesn't sleep; ready to rise. Does seem tired	Separate from others. Primary caregiver rubs back, lies by child. At another time talk with child about problem. Talk with family member about child's sleeping habits.
Individual child is not ready to rise with others	Let child sleep. Monitor health of child. If pattern continues, talk with family member about possible reasons
Early risers in buffer activity get too active	Review selection of activities. Allow to read books or make pictures, but <i>not</i> watch videos. Young children watch hours of video each day at home as it is. Review placement of children: too near sleepers? Too close together?