

Green Valley Christian Preschool Nap Routine

A rest period immediately follows lunch, approximately from 1:00 p.m. to 2:30 p.m. Nap mats are provided for all children.

Does your child nap? Yes No (If yes, please answer the following question)

What would you like us to know about your child's nap habits? (e.g. nap duration, home nap process)

* Please bring a crib sheet and a blanket for your child if he/she naps. You may also wish to let your child bring a small stuffed animal for cuddling.

Parent/Guardian Signature

Date