

Big Sandy Area C.A.P., Inc. – HEAD START
Program Policies and Procedures

Naptime

POLICY:

Children will be given a nap/rest time each day in full-day classrooms

This policy relates to [Head Start Performance Standards 45 CFR Part 1302.31](#)

PROCEDURE:

1. Naptime will consist of dim lighting and soft music. Cots/mats are required for children to sleep on during naptime.
2. Adults may use reading as a source of relaxation for the children as they prepare for naptime.
3. A naptime period is required for all classrooms that operate more than 5 hours per day. Naptime will not be appropriate for any classroom operating less than 5 hours per day.
4. Naptime should be at least 30 minutes, but no longer than 1 hour each day.
5. Children will continue to be supervised by two adults even at naptime.
6. Teaching staff in our program will provide alternative quiet learning activities for children who do not need or want to rest or nap during naptime.

Approved by the Policy Council: March 2025