

# CAOS Nap Information

Child's Name: \_\_\_\_\_

CAOS staff knows that getting adequate rest is an important part of being ready to learn and play each day. Because of this, nap will be provided to **three year olds/PS students** enrolled in Carle Auditory Oral School. We will continually monitor the napping procedures and napping behaviors of the children. If requested, families can receive daily notification about sleeping behaviors.

Napping behaviors include whether or not the child fell asleep during the allotted naptime as well as a description of their behavior during the time they are awake in the nap room.

Some children fall asleep quickly, and others more slowly. Some children sleep every day; others only sleep one or two times per week. These normal variances are okay as long as behaviors and noise levels do not detract from other students' ability to fall asleep. As with all processes and procedures at CAOS, nap time management is continually adapted to ensure maximal benefit. Staff will track napping behaviors and if concerns arise, the napper's family will be consulted to develop a plan moving forward. This plan may include development of a behavior plan for individual children, requests for support from home, or exclusion from nap at CAOS, if warranted.

<p>Our four year-old Pre-K classroom schedule does not include a break for a nap. However some 4 year-olds have not yet transitioned out of a nap.</p> <p>Please indicate below if your <b>four</b> year old requires a nap during the school day. Please indicate your preferred nap duration:</p> <p style="text-align: center;">Circle one:      30 min      60 min      90 min</p>
--

I/We understand the napping procedures.

I/We understand that we may request a summary of my/our child's napping behavior.

I/We understand that CAOS staff will provide this summary if they have a concern about my/our child's napping behaviors.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date