

Kinder House Day Care

Rest Policy

We believe that rest is a very important part of the child's daily program. We observe quiet time from 12:30 - 2:30 pm. Children are encouraged to lay quietly for a "body rest" at the beginning of this time to allow other children to fall asleep. Children who are still awake after 1:30pm (or if the room is tidied up, sooner) are offered quiet activities or if weather permits, outdoor play. If your child has a special blanket or cuddly toy, you may send it for rest time. **Please do not ask us to keep your child up during rest time.** If you do not wish your child to have a rest, our program may not fit your family's needs.