

# Kinder House Day Care

## Transition from Lunch Time to Nap Time

To help make this time go more smoothly, it is important for **ALL** staff to communicate with each other and use a team effort. To make this fair and to not have to designate specific roles, staff can rotate daily, but need to communicate which task he/she will be doing (diapering/ bathroom procedures or story time and supervision of quiet activities in the room). Do what you can to streamline these tasks. One caregiver can leave the lunch table early to put out the mats and then be able to start diapering / bathroom procedures with the children who have finished eating and are ready. The other caregiver can stay in the room and have story time with the other children. When the caregiver is finished with the children in the bathroom (no more than 2 at a time as we have two toilets in the bathroom) these children can return to the activity/story in the room, etc. **Cleaning tasks are not necessary at this time as we usually have a “floater staff” to vacuum and clean the tables (to promote independence, children are welcomed to place their dishes in the container provided).**

### Diapering and Toileting Before Nap Time

Every child should use the toilet or have on a dry diaper at the beginning of nap time. It is important to remember that assembly line diapering and toileting is not appropriate. Following these procedures will ensure a smooth transition:

1. **Start early.** One group always begins lunch earlier. One caregiver can start the diapering / toileting as soon as the first child is ready to leave the table.
2. **Supervise well.** The staff person that stays behind in the room can provide story time and is responsible for the supervision there (the “floater staff” is available to help with this). The other staff person is responsible for the supervision in the bathroom, for diapering, helping with clothing, brushing teeth, hand/face washing etc.

3. **Give waiting children something to do.** A small basket of books or toys could be available for the children who have left the table, don't feel like having story time and are waiting to be diapered.
4. **Return to the room.** The children who have finished in the bathroom can return to their room and have story time with the other staff or get settled on his/her cot. Make sure you announce who you are returning to the room and taking out to the bathroom.
5. **Tuck in.** Once everyone is on his/her mat, you might give each child a special "tuck in" with a tickle/rhyme before going to sleep!
6. **Put on some soft lullaby music.** This will help calm the children and help them drift off to sleep.
7. **Remember that, even when all of the children are asleep, the room needs constant supervision.**