

*Villa Madonna Montessori*  
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## **Nap Policy**

Naptime directly follows lunchtime for preschool children. When lunchtime is over, the child is provided all of the tools required to be responsible for independently cleaning up their lunch area. Once the child has taken care of cleaning up and putting their lunch away, the child has a bathroom break to prepare for naptime.

To stay compliant with the Cabinet for Health and Family Services (992 KAR 1:20 Section 6) all children who stay for four hours or more are required to lie quietly on their cot and rest. We prepare your child for this quiet time through a predictable daily routine, and by creating an environment that encourages the child's mind and body to rest. Our daily routines offer a sense of consistency and security – each child knows what will happen next. Once the children are ready, we enjoy a few calming stories. We then make the environment more conducive to rest by dimming the lights and playing soothing music.

Each child is assigned a cot for naptime; we provide sheets for the cot. We ask that you provide the following items to make your child as comfortable as possible:

- 1. 1 small, travel sized pillow.*
- 2. 1 small blanket – baby blankets are the perfect size!*
- 3. 1 small security item (such as a stuffed animal) if there is a need (nothing that lights up or makes noise)*

***NOTE: 1 XL Ziploc bag will be supplied for storage. Label all above items.***

In order to support the sense of daily consistency, we require that these items stay at school until they are sent home to be washed at the end of each month. Sheets are provided by school and are washed biweekly by the staff. The security item should be an item that comforts your child, not a toy that encourages them to play. Please do not send your child to school with a different animal or blanket to exchange with the one that is stored at school – this creates difficulty both for the child and staff.

**NOTE:** If your child is dismissed at 2:25 p.m., please use the Manor (back) entrance due to the traffic at the Academy. Also, review the late policy which is included on the fee schedule.