

### **Rest Time**

Rest time varies from room to room. Please check with your child's teacher to find out what time she tries to have the children settle down. We try to have all the children rest for a brief amount of time in a crib, or on a mat or cot. Some of the children sleep as long as 2 hours (usually the babies and toddlers). If your child doesn't fall asleep they can choose a quiet activity. Looking at books, coloring, or puzzles might be some activities the teachers would make available.