



Nihao School Sleep & Nap Guide

Supporting Rest, Routine, and Healthy Development



At Nihao School, rest is an essential part of each child's day. We provide a calm, consistent environment that supports healthy sleep habits while respecting each child's developmental stage.

REST TIME EXPECTATIONS

At Nihao School, rest time takes place daily from 1:00 PM to 3:00 PM.

- All children rest on their assigned mat or sleep space
- Children are guided to relax and take a quiet break

If a child does not fall asleep:

- They will remain on their mat for quiet rest time

Important: No alternative activities are provided during this time

- This ensures a calm and consistent environment

Rest time is a required part of the daily schedule for all children.



Infants (Under 1 Year)

- Individual sleep schedules
- Multiple naps throughout the day



Toddlers (1-2 Years)

- Morning nap may still be needed
 - Gradual transition to one nap
- Children are typically weaned off the morning nap between 12-16 months.*



Preschool (2+ Years)

- Participate in midday rest time (1:00-3:00 PM)
- Focus on routine and independence

Allowed

- ✓ Regular school clothes
- ✓ Sleeper suits / footed pajamas (under 1)
- ✓ Sleep bag walkers (over 1)

Not Allowed

- ✗ Sleep sacks
- ✗ Gowns
- ✗ Blankets
- ✗ Toys in cribs

Pajames are optional and not required.

COMFORT & SAFETY

- Crib sheets are provided by the school
- No loose bedding (licensing requirement)
- Comfort items: Allowed only for children on sleep mats, Limited to one small item

WHAT TO EXPECT

- Not all children will fall asleep every day
- Quiet rest is part of the routine
- This supports emotional balance and classroom flow

QUICK FAQ

Can my child skip nap?

All children participate in rest time as part of our daily routine. Even if they don't fall asleep, this quiet time helps support their overall well-being.

What if my child doesn't sleep?

That's okay—some children simply need quiet rest. They will stay on their mat and have a calm break during this time.

Can my child bring a blanket?

For licensing and safety reasons, blankets are not permitted in our program. We provide a safe and comfortable rest environment for all children.

Do I need special sleep clothes?

No special sleepwear is required. Children may rest comfortably in their regular school clothes.