



Nap Agreement

Child's Name: _____

D.O.B. _____

Naps are an important part of child development. This rest period helps rejuvenate the body, aid in physical and mental growth, and prevent your child from becoming overtired. We encourage our children to take a daily nap. If your child does not fall asleep during the first 30 minutes of nap, quiet developmentally appropriate activities (such as books and puzzles) will be offered.

Children in our infant room typically sleep in a crib.

Children in our toddler room typically sleep on a low cot.

Children in our preschool room typically sleep on a mat.

_____ I give permission to Kidsabilities to transition my child to a cot or mat when they feel that my child is ready.

I understand that if I wish to have a different sleeping arrangement for my child, I will provide Kidsabilities with a written statement as per my wishes and the reason why I would like an alternative sleeping arrangement.

Parent Signature

Date