

Kids Included Together

Five Stages of Naptime Transition

This resource has quick tips on structuring naptime transitions. Program Leaders can use this as an outline for staff training, and Program Staff can use it as a reminder on how to prepare children for naptime.

Activity

Selection

Adults **Prepare for**

the Transition

Adults

Group children by those who need extra time: those who rarely eat; those who finish quickly

Review the routine 1st: Clear plates 2nd: Wash hands 3rd: Choose a quiet toy

- Repeat the routine out loud
- "I clear my plate, wash hands, choose a quiet toy"

Make a visual schedule of the routine to show while saying the steps.

Mealtime Wrap-Up

- Recruit helpers
- Divide responsibilities: supervise lunch/ set out cots
- Lay out quiet materials: books, puzzles, soft toys

Children

- Clear plates
- Wash hands

Create jobs: setting blankets/sheets on cots, helping dump plates, and putting soap on peers' hands.

Adults

- Designate space for quiet activities
- Divide responsibilities: finish cot set-up then supervise activities/ hygiene routine

- Complete hygiene routine
- Choose a quiet activity

Decide ahead of time how to divide responsibilities. This is the highest-energy time of the routine and requires a coordinated effort.

• Turn on soothing music: nature sounds or music without words

Clean-Up

• Set the tone: *lower your* voice and slow your body

- Clean up activities/toys
- "Melt" or "float" to your cot (melt like ice cream or float like butterflies as you move to your cot)



Winding Down

Adults and Children

When chidren get to their cots, help them move from standing to laying down:

- · Plant a "forest of trees" Children pose as a palm, pine or cactus. Then a gust of wind blows the leaves/needles to the ground (children bend over and gently move toward laving down).
- Encourage stage-by-stage relaxation Tell children, "I rest my feet, knees, hips, arms, back, and head."
- Read a listening story Encourage children to use their imaginations to "see" the pictures. Progressively slow down and lower your voice, ending in a whisper.



Accommodate "Non-Resters"

After most children are relaxed, consider providing non-resters with quiet, sensory-focused activities.

Additional Resource(s): Good Night Yoga: a Pose-by-Pose Bedtime Story. Written by Miriam Gates, Illustrated by Sarah Jane Hinder. Published 2015.