



Rest Time Plan for:

Place name label here

Dear Families,

God's Bright Treasures is committed to continuous improvement. In an effort to provide the best experience for your child while at G.B.T. we are requesting your feedback. We wish to create an individual rest plan for each child based on their needs and your input. Please complete the Parent Input section below and make any comments for clarification. Return this document to your child's classroom teacher or to one of the Administrators by the first day of your child's attendance.

The Indiana Bureau of Child Care has provided the following requirements:

Children four (4) years of age and under, who attend more than 4 hours per day will be provided a daily rest period. After thirty (30) minutes, alternate activities will be provided for nonsleeping, restless, or unsettled children. Children who appear to be wide awake will be permitted to get up and play quietly after 30 minutes. Sleeping children will be permitted to awaken naturally at their own pace.

Parent Input:

_____ If my child is sleeping after 30 minutes, then allow him/her to sleep up to _____# of minutes/hours, then gently and as naturally as possible awaken him/her.

_____ My child is older than four (4) years and is therefore exempt from rest period. I do not wish for my child to rest unless he/she specifically requests to do so.

_____ Other, please explain:

_____ I would appreciate a call from my child's teacher to discuss my child's rest time routine

Working to serve the Lord by serving children,
Mary Ann Cannon
Director