Nap & Rest Time

Daily rest schedules and safe sleep practices

Effective: September 2026 | Reviewed Annually

At Country Lane Early Learning, we recognize the importance of rest and quiet time in supporting children's growth, emotional well-being, learning, and overall health. A balanced day includes opportunities for both active play and peaceful rest so children can recharge, regulate emotions, and feel their best throughout the day. Our rest practices follow Utah childcare licensing rest and sleep standards (R430-90-22).

Why Rest Time Matters

- Rest and quiet time help children recharge physically and emotionally after a busy morning of learning and play.
- Adequate rest supports healthy development, improved mood, emotional regulation, focus, and overall well-being.
- A calm rest environment helps create a peaceful, comfortable, and secure atmosphere for all children.

Rest Time Schedule

- Daily nap/rest time is scheduled from 1:00 p.m. to 3:00 p.m.
- Infants and younger toddlers may follow individualized sleep schedules based on their developmental needs.
- Children ages 0-12 months sleep in cribs that meet current safety standards.
- Older children rest on cots with provided bedding.

Bedding & Hygiene

- Country Lane Early Learning provides cots, crib sheets, blankets, and rest-time materials.
- All bedding and sleep equipment are cleaned and sanitized regularly to maintain a healthy sleep environment.
- Children's individual rest spaces are arranged to support comfort, cleanliness, and safety.

Quiet Time for Non-Nappers

- Children who no longer nap are encouraged to participate in quiet activities during rest time.
- Quiet activities may include books, puzzles, coloring, or other calm independent activities.
- Children are expected to respect the quiet environment so others may rest peacefully.

Infant Sleep Safety

- Infants are closely monitored during sleep through regular visual checks and approved monitoring practices.
- Safe sleep guidelines are followed to help ensure infant safety and well-being at all times.

- Infants are always placed in safe sleep environments that meet current childcare licensing and safety standards.
- Infants are placed on their backs to sleep unless otherwise directed in writing by a physician.

Parent Considerations

- To help maintain a calm and restful environment, families are encouraged to avoid drop-offs or pick-ups during rest time whenever possible.
- If arrival or departure during rest time is necessary, families may be asked to use the designated basement entrance to minimize disruption.
- Communication regarding children's sleep routines, comfort needs, or changes in sleep habits is always welcomed.
- Families are encouraged to share any concerns regarding sleep, comfort items, or rest routines so we can best support their child's individual needs.

Questions & Program Contact

Questions about rest time schedules or sleep routines may be directed to: Sara Kingston, Program Coordinator/Director, sara@countrylaneearlylearning.com, (435) 255-8499.

Our goal is to provide a peaceful, safe, and nurturing rest environment where children feel comfortable, secure, rested, and refreshed for the remainder of their day.