



THE CHILDREN'S HOUSE
Montessori School

Napping in Primary

Children in Primary (prior to Kindergarten) nap in the afternoon. Licensing requires all children under "school age" to have the opportunity to rest if they are in school for over 5 hours.

When it is observed that your child may be ready to phase out napping, your child's guide will communicate with you about this process. Children who are ready to phase out napping need to be able to maintain a productive afternoon work cycle and function within the classroom community.

We do not wake napping children up mid-nap. It is very unsettling to the child's natural sleep rhythm. We understand that as your child is phasing out of nap, it can be challenging for them to go to bed at night. Your child's guide is happy to strategize routines and practices about bedtime in order to support you and your child at home.