



Relaxed Environment

INFANTS AND TODDLERS

Materials CD player soft blankets
CDs of relaxing music or sounds snuggle item from home

- What to do**
1. When it is getting close to naptime, start darkening the room by pulling down the shades and dimming the lights.
 2. Talk softly to the children. Play quiet, classical music or nature sounds (ocean, wind, or rain).
 3. Give each child her "snuggle" item and tuck her in.
 4. Rub the back of any child who has trouble relaxing.
 5. After rubbing the child's back for just a few minutes, whisper that you will return shortly and move to another child.

Sandy L. Scott, Meridian, ID

Babies to Bed Naptime Poem

YOUNGER TODDLERS

Materials soft dolls or stuffed animals for each child
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- What to do**
1. Give each child a doll or stuffed animal at naptime.
 2. Recite the following poem. Very young toddlers may just listen and older toddlers can do the actions.

Now we lay our babies down (children lay dolls down)
And tuck them into bed. (children cover dolls with blankets)

We give their cheeks a little kiss (children kiss dolls)
And pat their little heads. (children pat dolls)

Now we lay our own heads down
Nearby our little friends. (children lay down, teacher turns off lights)

We close our eyes and rest a while (children close eyes)
And dream 'til naptime ends.

Sarah Hartman, Lafayette, LA



NAP TIME

Naptime Calmer

YOUNGER TODDLERS

Materials small clear empty water bottle
clear corn syrup
glitter
glue
duct tape

- What to do**
1. Fill the water bottle with corn syrup.
 2. Add glitter.
 3. Glue the lid on tightly. Tape securely with duct tape.
 4. Give the child the water bottle to observe and manipulate before going to sleep. It is mesmerizing and soothing.

Jean Potter, Charleston, WV

Naptime Story

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YOUNGER TODDLERS

Materials children's books about sleep (see related books list)

- What to do**
1. To help get the children calm and ready for their naps, have them lay down on their mats or in their cribs. Dim the lights.
 2. In a quiet voice, read a story about bedtime to help prepare them for sleep (see list below).
 3. The story and the dim room will help them to relax.

Related books *The Going-to-Bed Book* by Sandra Boynton
Goodnight Max (Max and Ruby) by Rosemary Wells
Goodnight Moon by Margaret Wise Brown
The Napping House by Audrey Wood

Mollie Murphy, Severna Park, MD