

## Rest Periods

Naptime is a very important part of our school day. Maple Valley Preschool & Childcare provides each child with a sleeping mat and sheet. Each child may bring a small blanket and stuffed animal from home. It is soothing to the child to have something familiar at naptime. Please remember that naptime blankets must fit into your child's backpack.

We do request that blankets are laundered weekly, (or more if needed). Friday is our wash day, so blankets are sent home then. Laundering helps cut down the spread of sickness with so many children in close contact daily. Children also feel more comfortable with a fresh smelling blanket.

We do have extra blankets for an occasional day when a blanket is forgotten.