



Montessori Child Development Center

14911 Espola Road • Poway • CA 92064

License# 372001507

Nap Request Form

The State of California Department of Social Services requires daily opportunity to nap for all children younger than 5 who are enrolled in a full day program.

MCDC provides a 15-minute quiet time each day for all full day children over the age of 4 years old.

Naps for children under four and those over 4 whose parents request daily naps are usually from 12:30- 2:00 (after lunch).

Nappers may have a blanket, small pillow and/or small stuffed animal from home. Please send in a separate bag with everything clearly labeled. Please be aware that our storage space is limited so minimize.

If your child is over four and you would like him/her to nap, please check yes below, and otherwise check no:

_____ Yes, I would like (child's name) _____ to rest/ nap.

_____ No, I would not like (child's name) _____ to rest/ nap.

Helpful naptime suggestions for your child (if any):

Signature of Parent _____ Date _____

(This form must be completed for all students who are between 4 & 5 years old- Thank you)