

# WEST END MONTESSORI SCHOOL

## TODDLER and EARLY CHILDHOOD MONTESSORI EXTENDED DAY PROGRAM

In an effort to make rest time more efficient and encourage independence in the children, we will be using nap mats only. We have found these mats to be the easiest for the children to carry and set up and provide a cozy way for them to rest. Your child's nap mat will be placed on top of a vinyl sleep mat provided by WEMS.

An example of a nap mat can be found at Walmart or Amazon such as the one pictured below:



- It must have an **attached blanket that is open on three sides.**
- It cannot be a sleeping bag.
- It must roll up and fasten securely so that your child can carry it.