

THE IMPORTANCE OF A NAP.

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Definition of nap.

According to the Larousse dictionary, a nap is defined as a rest, a small sum, which takes place after lunch.

WHY TAKE A NAP?

- Napping plays a major role in the child's motor development. Allows you to develop well on a physical level. Allows the body and brain to rest, which helps to assimilate the knowledge gained during the awakening phases. It reinforces learning in terms of language, motor skills, information learned and strategies to solve a problem. Helps the child to concentrate more and longer, to stay alert during the day. Promotes the growth of the child: the growth hormone is secreted during certain phases of sleep. Allows the child to be ready to return to daily activities and to be more efficient. A nap helps the child fall asleep faster and better at night. Napping has a positive effect on a child's mood: helps the child better manage their emotions, reduces the frequency of tantrums, anxiety and hyperactivity. Beneficial for general health: reduces infections, the risk of disease, the risk of injury, strengthens the immune system... Increased quality of life



THE IMPORTANCE
OF NAPPING AT
DAYCARE

Infants (less than 1 year)

MOVE

Being physically active several times in a variety of ways, particularly through interactive floor-based play—more is better. For those not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake.

SLEEP

14 to 17 hours (for those aged 0-3 months) or 12 to 16 hours (for those aged 4-11 months) of good-quality sleep, including naps.

SIT

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair). Screen time is not recommended. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

Toddlers (1-2 years)

MOVE

At least 180 minutes spent in a variety of physical activities at any intensity, including energetic play, spread throughout the day—more is better.

SLEEP

11 to 14 hours of good-quality sleep, including naps, with consistent bedtimes and wake-up times.

SIT

Not being restrained for more than 1 hour at a time (e.g., in a stroller or high chair) or sitting for extended periods. For those younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

Preschoolers (3-4 years)

MOVE

At least 180 minutes spent in a variety of physical activities spread throughout the day, of which at least 60 minutes is energetic play—more is better.

SLEEP

10 to 13 hours of good-quality sleep, which may include a nap, with consistent bedtimes and wake-up times.

SIT

Not being restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods. Sedentary screen time should be no more than 1 hour—less is better. When sedentary, engaging in pursuits such as reading and storytelling with a caregiver is encouraged.

Replacing time restrained or sedentary screen time with additional energetic play, and trading indoor for outdoor time, while preserving sufficient sleep, can provide greater health benefits.

Children aged 5 to 17

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes



SWEAT

Moderate to Vigorous Physical Activity

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;



STEP

Light physical activity

Several hours of a variety of structured and unstructured light physical activities;



SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;



SIT

Sedentary behaviour

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

WAYS TO MAKE THE NAP ROUTINE EASIER.



SIGNS OF A LACK OF SLEEP.

The best way to know if your child is sleeping well enough is to pay attention to the signs of a lack of sleep:

- It is very difficult to wake up in the morning
They lack concentration and is more clumsy
They're irritable, sullen, and he sulks or cries for nothing
They are impulsive or more aggressive
They are uninterested in what he usually likes
They become noisier and hyperactive
They're often sick.

THE CONSEQUENCES OF A LACK OF SLEEP.

Conversely, not getting enough sleep can affect many aspects of a child's development. When a child's sleep is poor, they may have:

- difficulty managing their emotions, and therefore mood swings, being impulsive, aggressive or tending to be depressed.
less keen-minded
more hyperactive behaviour
difficulty in staying attentive and focused
tend to eat less and gain weight

STATISTICS.

- 1 in 4 children lack sleep.
1 in 3 children has difficulty falling asleep or staying asleep.
1 in 5 children has difficulty staying awake during the day.
1 in 10 children feel that their sleep is not restorative.
17.2% of children who have insufficient sleep report hyperactivity compared to 11.9% of children who have adequate sleep.
21.5% of children with insufficient sleep report stress compared to 10.3% of children who have adequate sleep.
11.2% of children with insufficient sleep report poor mental health compared to 4.5% of children who have adequate sleep.

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