



X. Nap and Rest Policy:

The parent/guardian of each child will be informed of our center's nap and rest policy at the time of enrollment. Young children sleep and rest best at routinely scheduled times. Our nap and rest policy is consistent with the developmental level of the children enrolled at the center.

Toddlers: One afternoon nap after lunch.

Pre-Schoolers: One afternoon nap or rest time after lunch.

- A child who has completed a nap or rested quietly for 30 minutes must not be required to remain on a cot or mat or in a crib or bed.
- Naps and rest must be provided in a quiet area that is physically separated from children who are engaged in activity that will disrupt a napping or resting child.
- Children's heads are uncovered when sleeping.
- At all times, program staff remain alert to supervise children sleeping. Lighting will be sufficient to ensure that children can be seen by supervising staff.
- Toddlers and preschool children nap with shoes on in case of emergency evacuation.
- Cribs, cots, beds, and mats must be placed so there are clear aisles and unimpeded access for both adults and children on at least one side of each piece of napping and resting equipment.
- Cribs, cots, beds, and mats must be placed directly on the floor and must not be stacked when in use.
- Separate bedding such as blankets and possibly cot sheets are stored in a sanitary manner and washed weekly and when soiled.

Nap and Rest Policy Specific to Infants:

Infants: Naps are determined by each, individual infant. Multiple naps per day will wean to two naps per day and then wean to one nap per day by the time the infant transitions to the toddler room.

Infants sleep in safety approved cribs that are checked at least monthly by staff. When a transitional older infant room is present, a program may apply to licensing for a variance for the whole room, every child, to be on cots. If the variance is granted, written permission from each

infant's parent/guardian is also required. When an infant room is present with all ages of infants in the same room, and the program wishes to use cots for certain older infants, the program must submit to licensing a variance for each, individual child to be on a cot. If the variance is granted, written permission from the infant's parent or guardian is also required. The program must ensure that each infant have a designated area to rest, uninterrupted.

Supervision occurs when a staff person is accountable for the children's care, can intervene to protect the health and safety of the child and is within sight and hearing of the child at all times except when:

When an infant is placed in a crib room to sleep, supervision occurs when a program staff person is within sight or hearing of the infant. When supervision of a crib room is provided by sight or hearing, the program will have a plan to address the other supervision component. *Please select what meets your program policy below:*

- ☐ Our cribs are not in a crib room and therefore within sight and sound of staff at all times.
- ☐ Our program has a crib room, and the crib room is:
 - ☐ Staffed/supervised at all times by a staff person when an infant is sleeping in the crib room.
 - ☐ Equipped with a baby monitor so that we can hear in the crib room and we also conduct frequent, visual checks of each sleeping infant in the crib room. We recommend documenting these visual checks.
- When an infant younger than one year of age is placed down to sleep, the infant's clothing or sleepwear will not have weighted materials, a hood, or a bib.
- When placing an infant to sleep, we will place the infant on the infant's back. Unless we have documentation from the infant's physician, advanced practice registered nurse, or physician assistant directing an alternative sleeping position for the infant. The physician, advanced practice registered nurse, or physician assistant directive must be on a form developed by the commissioner and must remain on file at our center.
- An infant who independently rolls onto its stomach after being placed to sleep on its back may be allowed to remain sleeping on its stomach if the infant is at least six months of age or if we have a signed statement from the parent indicating that the infant regularly rolls over at home.
- The infant will be placed in a crib directly on a firm mattress with a fitted sheet that is appropriate to the mattress size, that fits tightly on the mattress, and overlaps the underside of the mattress so it cannot be dislodged by pulling on the corner of the sheet with reasonable effort.
- Nothing will be placed in the crib with the infant except for the infant's pacifier.
- The pacifier will be free from any sort of attachment. The pacifier will be labeled with the child's first and last name or other individual identifier, and the label must be in good

condition and securely adhered to the pacifier.

- If an infant falls asleep before being placed in a crib, we will move the infant to a crib as soon as practicable and we will keep the infant within sight until the infant is placed in a crib. When an infant falls asleep while being held, we will consider the supervision needs of other children in care when determining how long to hold the infant before placing the infant in a crib to sleep. The sleeping infant must not be in a position where the airway may be blocked or with anything covering the infant's face
- When an infant under one year of age is placed down to sleep, the infant's clothing or sleepwear will not have weighted materials, a hood, or a bib.
- We may place an infant under one year of age down to sleep wearing a helmet if we have signed documentation by a physician, advanced practice registered nurse, physician assistant, licensed occupational therapist, or licensed physical therapist on a form developed by the commissioner.
- Placing a swaddled infant down to sleep is not recommended for an infant of any age and is prohibited for any infant who has begun to roll over independently. However, with the written consent of a parent or guardian, we may place the infant who has not yet begun to roll over on its own down to sleep in a swaddle.
- A swaddle is defined as a one-piece sleepwear that wraps over the infant's arms, fastens securely only across the infant's upper torso, and does not constrict the infant's hips or legs.
- If a swaddle is used, we will ensure that it does not have weighted materials, a hood, or a bib and is not so tight that it restricts the infant's ability to breathe or so loose that the fabric could cover the infant's nose and mouth.
- Prior to any use of swaddling for sleep we will obtain informed written consent for the use of swaddling from the parent or guardian of the infant on a form developed by the commissioner.
- If a parent or guardian requests the use of a cradleboard for a cultural accommodation, we may request a variance to permit the use of a cradleboard. A variance for the use of a cradleboard may be issued only by the commissioner. The variance request must be submitted on a form developed by the commissioner in partnership with Tribal welfare agencies and the Department of Health. If a variance is granted, we will check the cradleboard not less than monthly to ensure it is structurally sound and there are no loose or protruding parts and maintain written documentation of this review.
- Monthly crib inspections are documented on the DHS Monthly Crib Safety Inspection Form for Child Care Centers. On this same form, we will also document an annual certification of the crib by going to www.cpsc.gov
- Cribs are not placed by any exposed heating units or near drapery cords.