



Nap and Rest Policy

Parents decide whether their child needs either a nap or a rest period. Whether the child naps or rests is listed in the child's file. Any changes to this must be discussed with the parent and noted in the child's file. Nap and rest time policies must be discussed with the parent at time of enrollment. Children will be supervised at all times during nap and rest time.

- A. Children are allowed to get up from naps as they wake. A child who has completed a nap or rested quietly for 30 minutes must not be required to remain on a cot or in a crib. Children will be allowed to do quiet activities upon completing the required nap or resting period. Infants will not remain in their crib after waking from a nap.
- B. Naps are taken in a quiet and secluded area where children can rest undisturbed from those engaged in an activity. We allow from 12:30pm to 3:00pm for nap time. All cribs and cots are placed so there is clear aisles and unimpeded access for both adults and children on at least one side of each piece of napping and resting equipment. Cribs and cots are placed directly on the floor and are not be stacked when in use.
- C. If a child does not bring their own blanket from home, a daycare blanket will be provided for children over 12 months old. Infant crib sheets are provided by the center. Each child will use the same blanket and the same cot at nap time each day. All cots, cribs and blankets are washed and disinfected weekly. In the case of being soiled, the cot is disinfected immediately and blankets sent home to be washed. If a child is using a daycare blanket, the blanket is washed in center before next use.
- D. Reduction of the Risk of Sudden Unexpected Infant Death
 - 1. Infants are placed on their back to sleep unless there is documentation from the infant's physician directing an alternative sleeping position for the infant. An infant who independently rolls onto his/her stomach after being placed on his/her back will be allowed to remain sleeping on their stomach if the infant is at least 6 months of age or there is a signed statement from the parent indicating that the infant regularly rolls over at home on file.
 - 2. Infants will be placed in a crib directly on a firm mattress with a fitted crib sheet that fits tightly on the mattress and overlaps the mattress so it cannot be dislodged by pulling on the corner of the sheet. Nothing will be placed in the crib with the infant except for the infant's pacifier.
 - 3. If an infant falls asleep before being placed in a crib, the infant will be moved to a crib within 10 minutes and will be kept within sight until being placed in a crib. The sleeping infant will not be in a position where the airway may be blocked or with anything covering the infant's face.