

Naps and Rest Time

Policy

Children enrolled in a full-day program are provided with a rest environment that is safe, comfortable, and developmentally-appropriate.

Procedure

- At the time of enrollment, parents will be informed about the nap and rest time policy in the handbook.
- Parents are asked to share information about their child's rest habits and needs.
- The nap/rest area is a quiet area separate from active children.
- Cots are placed directly on the floor in a manner that will ~~and a minimum of 3 feet apart to~~ reduce the spread of contagious illness and allow a clear walking path for easy access to each child.
- Staff soothe children needing help to get settled for rest time.
- Each child has a separate blanket that is washed at least weekly, but also whenever soiled or wet.
- Children are encouraged, but not forced, to nap or rest.
- Alternate quiet learning activities are provided for children who do not want or need to nap
- Staff will remain within sight and hearing of all children during nap/rest time to ensure the health and safety of all children.
- A child will not be required to remain on their cot when they have completed their nap or rested quietly for 30 minutes.
- Infant care is not currently provided by Arrowhead Head Start.

This policy complies with Head Start Performance Standard 45CFR Chapter XIII Sections 1302.31 and Minnesota Department of Human Services Child Care Center Licensing.

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