

Naps and Rest Time

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.
- Infants must be placed to sleep on the infant's back unless documented by the infant's physician.
- Infants must be placed in a crib on a firm mattress with a crib sheet that fits tightly on the mattress.
- Only the infant's pacifier can be placed in the crib with the infant.
- If an infant falls asleep before being placed in a crib, the infant must be moved to a crib as soon as practicable.
- It is prohibited to swaddle an infant that will be put in their crib to sleep.