



Child Care Centre Sleep Supervision Policy and Procedures

Name of Child Care Centre: Rippleton Roadsters Child Care and Satellite Program

Date Policy and Procedures Updated: November 26 2019

Policy

Children's sleep and rest play an integral part in a child's well-being and development. The purpose of this policy and procedures described within is to provide staff, students and volunteers with rules and procedures to follow to safeguard children from harm, injury or death while sleeping.

Procedures for monitoring sleeping children reduce the risk of harm or injury so that caregivers can look for and identify signs of distress and implement immediate responses to protect the health and safety of children.

This policy is intended to fulfill the obligations set out under Ontario Regulation 137/15 for sleep policies for childcare centres.

- a) All children will be provided with the opportunity to sleep or engage in quiet activities based on their needs.
- b) Only light, breathable blankets will be used for the children.
- c) Children who are older than 30 months but younger than six years old who receive childcare for six hours or more, will be provided time to sleep for a period of **no more than two hours each day**, and will be assigned to a cot.
- d) Children 30 months or older but younger than six years old, who receive childcare for six hours or more, will be provided with a cot unless otherwise approved by a director.
- e) Children 24 months or older but younger than five years old and in a licensed family age group, who receive childcare for six hours or more, will be provided with a cot unless otherwise approved by a director.
- f) Where children are sleeping in a separate sleep room or area, their names will be listed on the nap room log so that staff can immediately identify which children are present in the room/area.

Placement of Children for Sleep

- Children under 12 months of age will be placed in individual cribs/cradles for sleep.
- Children between 12-18 months of age, who receive child care for six hours or more, will be placed in individual cribs/cradles or cots for sleep in accordance with any written instructions from the child's parent.
- Children who are 18 months of age or older but younger than 30 months, who receive child care for six hours or more, will be placed in individual cots for sleep.
- Children 30 months or older but younger than six years old, who receive childcare for six hours or more, will be placed on a cot unless otherwise approved by a director.
- Children 24 months or older but younger than five years old and in a licensed family age group, who receive child care for six hours or more, will be placed in a cot unless otherwise approved by a director.
- All children who are younger than 12 months of age will be placed on their own backs to sleep, unless other instructions are provided in writing by the child's physician. Parents of these children will be advised of the centre's obligation to place their child(ren) to sleep on their backs, as set out in the "Joint Statement on Safe Sleep: Preventing Sudden Deaths in Canada".

Consultation with Parents

- All parents of children who regularly sleep at the childcare centre will be advised of the centre's policies and procedures regarding sleep during orientation at the time of their child's enrolment and/or any time the policies and procedures are revised, as applicable.
- The Executive Director or Designate will consult with parents about their child's sleeping arrangements at the time of enrolment and at any other appropriate time (e.g. when a child transitions to a new program or room, or at the parent's request).
- Significant changes in a child's sleeping patterns or behaviours will be communicated to parents. Any significant changes in sleeping patterns or behaviours will result in adjustments being made to the child's supervision during sleep time, where appropriate, based on consultation with the child's parent.

Direct Visual Checks

- The first visual check must be completed after the first half hour once the children have all settled on their beds. The second visual check will be no later than 45 minutes after the first one. Visual checks will also be done as needed (i.e. if a child has a persistent cough, is restless in their sleep..)
- Each check will require the staff to move throughout the room and observe each child within close proximity of their cot. Remove any obstructions that may have occurred while the child is sleeping and ensure the child's safety and comfort needs are met.
- Each visual check will be documented in the child's individual sleep log and any disruptions in the child's sleeping pattern must be documented (i.e the child had an accident on their bed, the child was awoken due to persistent cough, the child was picked up early etc.)

Each child will have his own labeled cot.

Each nap room will have two staff on duty.

Each nap room will include a floor map of the sleeping children.

Allow each child to find their own sleeping position.

Quiet experiences will be available to children who do not fall asleep.

At no time will a preschooler's face be covered with bed linen by the staff when they are sleeping.

Under no circumstances will a student or volunteer be left alone or counted as ratio during nap/rest period.

Each cot will be disinfected at the end of each week and as needed, and the bedding will go home at the end of each week for cleaning.

Each classroom will have a clearly marked floorplan of all the children and their designated sleeping arrangement.

Each classroom will have a nap room log to record occurrences that happen during nap room. These occurrences can be disruptions in the program, illnesses, sleep disruptions, early pick-ups or late drop-offs by guardian etc..

The staff will complete rounds every 30 minutes **and as needed** and initial that the rounds have been done and log any occurrences that occur.

The techniques and strategies for settling children before and during a rest period are varied and may be influenced by the:

- individual needs of the child or group of children;
- parenting beliefs and values of families accessing the service;
- professional philosophy, knowledge and experience of staff
- cultural and religious practices;
- circumstances or events happening at home;
- consistency of practices between home and care;
- child's general health and wellbeing;
- status or condition of the rest environment;
- use of comforters or resting aids.

When considering naproom procedures for resting children, it is important for staff to:

- maintain health and safety practices;
- reduce any distress or discomfort;
- acknowledge and respect children's emotions, feelings and fears;
- avoid using settling and resting practices as a behaviour guidance strategy so the child does not relate the rest environment, which should be calm and secure, as a disciplinary method

This policy will be reviewed and signed off annually and as needed by all staff, volunteers and students.