### Purpose

While not all children need a mid-day nap, young children benefit from periods of quiet relaxation to balance their active play.

Some children who are tired may take a relatively long time to relax and sleep, while others only require a short rest period. Children’s needs may also change from day to day or week to week.

The need for rest and sleep varies greatly at different ages, and even among children of the same age; however, rest is an important part of the day for all children. This provision allows for a period during which quiet activities are encouraged and children can nap if required.

Children 0-18 months of age will likely have irregular sleep schedules. Staff will recognize this and allow the children to rest as needed. The staff will follow the individual schedule of each child in the room and not implement a standardized sleep schedule.

Rest in the child care program should not be of such duration that normal sleep patterns at home are disrupted.

### Policy

Each child in a licensed toddler or preschool group who receives child care for six hours or more in a day will have a rest period not exceeding two hours in length. and

Children in toddler, preschool or kindergarten groups are permitted to sleep, rest or engage in quiet activities based on the child’s needs.

Children who are younger than 12 months will be placed on their backs, consistent with the recommendations set out in Health Canada’s Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada. Once children are able to roll from their backs to their stomachs or sides, it is not necessary to reposition them onto their backs. This requirement will only be waived with a medical/physician recommendation in writing.

Parents will be informed of the Rest Time Policy upon enrolling their child and will be consulted in regards to their sleep preferences upon enrollment and any other appropriate time such as transitions from one room to another or upon request by the parent. This will be communicated using the “All About Me” form upon enrollment and thereafter with the Transition Forms.

Infant staff will not rely on monitors to ensure the safety of children during rest time.

Infants will not be swaddled.

All staff, students and volunteers will receive training on the Rest Time policy by the Program Director or designate and each will sign off on the training prior to their first shift. Policies will be reviewed annually thereafter by staff, students and volunteers.

Quarterly observations will ensure compliance of the Rest Time policy.

Cribs will comply with the standards under the *Hazardous Products Act* (Canada).

Staff must always inform the Assistant Program Director or Director if they are leaving the property during rest time.

Staff will perform visual check of each of the children during rest time. Sleep Checks will occur every 15 minutes in an Infant Room and every 30 minutes in the Toddler/Preschool Room. Observations will be documented on the appropriate Sleep Check Form. Staff are to inform parents of any changes in sleep behaviours or sleeping patterns.

### Procedure

1. Each child will be provided with their own cot or crib as appropriate.
2. Each cot or crib will be labeled with the child’s name.
3. Sheets and blanket will be supplied by the child care program.
4. Cribs will be free of loose bedding, bumper pads and pillows. Blankets should be lightweight.
5. Staff will check that infants are in sleepwear that is comfortable and does not cause them to overheat.
6. Parents/guardians are encouraged to send soft toys or comfort items for sleep (toddlers and preschoolers).
7. A floor plan which identifies where cots are and who sleeps in each will be available in each room.
8. Regardless of the age of the children, there should be adequate lighting in sleeping areas to be able to check children during sleep.
9. Staff will complete Rest Time Checks by being physically present beside the child wihile the child is sleeping and looking for indicators of distress, respiratory distress/arrest, overheating or unusual behaviours.
10. Electronic monitors will be turned on at the beginning of day in the infant rooms. Staff will complete a visual/auditory check of the monitors to ensure that the lights and sound are working. Any concerns in regards to the monitor will be reported to the Program Director or Assistant Program Director.