

## SLEEP & REST – CENTRE

### POLICY

#### **FROM ONTARIO REGULATION 137/15, 33.1 AND 47(2)**

It is the policy of Cook's School Day Care Inc to ensure that each child enrolled in our toddler or preschool groups is permitted to sleep, rest or engage in quiet activities based on the child's needs.

This policy and its procedures meet the mandatory Ministry of Education requirements regarding sleep and supervision of sleep.

The Sleep & Rest policy will be:

- Implemented and monitored at all times for compliance and contraventions.
- Reviewed with staff annually and any time changes are made.

### **INTENT**

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. 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.

### **For the Children Who Sleep**

A child in our licensed toddler and preschool group who regularly sleeps at the child care centre has a rest period not exceeding two hours in length.

Monitoring sleeping children reduces the risk of harm/injury as caregivers can look for:

- Signs of distress.
- Behaviours during sleep.
- Changes in sleeping patterns.

### **SPECIAL INSTRUCTIONS**

Sleep and rest time should be of such duration that normal sleep patterns at home are not disrupted.

Programs should take into consideration instructions given from parents regarding their children's sleep and rest period. These instructions should be followed as closely as possible but the licensee also needs to take into consideration the need of the individual child.

If a parent has provided instructions for the child to not sleep during the day but the child is falling asleep at the table, the licensee should provide a rest period for this child. The licensee can explain to the parents that the child required a nap that day because the child was unable to stay awake.

## **PROCEDURE**

### **UPON ENROLLMENT AND AT ANY TIME DURING ENROLLMENT**

#### **Parents/guardians of children that regularly sleep at the child care centre will:**

- Be provided with our current Parent Handbook which gives information on our policies regarding sleep and rest. Parent Handbook's are updated and given out yearly.
- Be provided with a place on the application form to indicate their child's specific sleeping arrangements or patterns to be implemented. Application forms are reviewed annually.
- Have Child Care Information Change Notices readily available to allow parents to make any changes to their child's sleep and rest arrangements as their child grows or transitions from room to room.
- Be shown where the cots are stored when the children are not sleeping and how each assigned cot is clearly labelled with a name, by the centre staff.
- Be verbally notified if any significant changes in their child's sleeping patterns or behaviors are observed during sleep to allow adjustments to be made if necessary.

#### **Staff, volunteers and students will be notified in the main communication book when:**

- Information is on a child's application form kept in the child's file to read regarding sleep and rest arrangements.
- New information on a Child Care Information Change Notice is provided by the family regarding a child's sleep arrangements in the child's file.
- An observance of a significant change in a child's sleep patterns during a direct visual check resulted in changes being made. The change is documented in the child's file.

## **SUPERVISION**

All children that regularly sleep at the child care centre will be monitored by staff.

### **Direct Visual Checks**

Direct visual checks will be conducted regularly in the toddler group. Steps when conducting direct visual checks:

- Fill out date and the names of the children who are sleeping on the Sleep Monitoring Form.
- Ensure there is sufficient light in the sleep and rest area to conduct direct visual checks.
- Four times throughout the sleep and rest period, look at each child closely for a rise and fall of the chest and/or stomach and document the time.
- Document when any significant changes are observed and communicate the observations to the parent/guardian.

### **Potential Indicators of Distress**

- Change in skin colour
- Change in breathing
- Wheezing
- Grunting
- Nose flaring
- Signs of overheating – sweating

### **SAFE SLEEP**

Children age 0-12 months of age are placed for sleep in a manner consistent with recommendations set out in the most current version of the **Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada**, a document endorsed by Health Canada. A copy of this document is available in the policy binders (staff room & office)

This requirement can only be waived if a note from a medical doctor is submitted to Cook's School Day Care Inc.

### **ADDITIONAL INFORMATION**

As discussed in **How Does Learning Happen**, children's well-being is supported when adults respect and find ways to support each child's varied physiological and biological rhythms and needs for active play, rest and quiet time.

Finding ways to reduce stress through providing space and time for rest and quiet play based on individual differences helps children become increasingly aware of their own basic needs and supports their developing self-regulation skills.

Our program makes every effort to organize time, space and materials to support the children's varied needs for sleep, rest and quiet time.

### **MODIFICATIONS TO THIS OR OTHER POLICIES**

Any policy that does not respect and promote the dignity, independence, integration and equal opportunity of people with disabilities will be modified or removed. Our policies are maintained and updated regularly to reflect our practices, employees and best serve our customers.