



Green Planet Daycare Napping Policy

Infants and toddler all come with their individual sleeping patterns. Green Planet Daycare will try to meet the patterns while getting them into the routine of the daycare.

Procedure:

- ◇ Each day after lunch will be rest time. The length of naps depends on the individual child. Other naps are on a as needed basis
- ◇ During the nap, infants will sleep on their backs until they can reposition themselves during sleep
- ◇ Blankets, Teddy Bears and other comfort items may be brought from home to be used at nap time to help a child adjust to the centre.
- ◇ Naps are not mandatory. Children who have outgrown naps will have quiet time, read books, do puzzles or other appropriate activities.

Supervision:

- ◇ One staff remains in the nap room during sleep time
- ◇ Each child will be provided with a safe, comfortable sleeping space with separate bedding.
- ◇ Infants will be place on their backs according to the recommended guidelines to prevent SIDS.
- ◇ Children between the ages of 18 months and 2 years old will be adjusted to sleeping on a bed instead of in a cribs.
- ◇ All children will rest with their face uncovered.
- ◇ All children under 19 months of age are placed on their back to rest when first being settled for a rest. When children independently turn onto their side or stomach during sleep, we allow them to find their own sleeping position.

- ◇ We ask parents to keep visits & phone calls during nap time to a minimum as it may cause a disruption for the children sleeping.
- ◇ Children are not to be picked up or dropped off at this time, as it will cause a disruption for all the other children.
- ◇ Sleeping equipment will be sanitized every Friday and the children's sheets and blankets will be sent home to be washed. Sleeping equipment will be washed if soiled.
- ◇ The resting environment, equipment and materials will be safe and free from hazards.
- ◇ Any sleeping equipment that cannot be repaired immediately is removed from use until repairs are made