



## **SLEEP ROOM AND REST POLICY**

### **POLICY:**

Effective rest and sleep strategies are important factors in ensuring that children are safe, feel safe and that the environment is conducive to resting / sleeping.

The Sleep Room Policy is based on recommendations set out in Ontario Regulation 137/15 of the Child Care and Early Years Act, 2014 (CCEYA) 33.1 (2)

Harmony will consult with families about their child's sleep routine and individual needs during the registration meeting and / or prior to their first day in care. It is our goal to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with sleep / rest.

"Rest" refers to a period of inactivity, solitude, calmness or tranquility and can include a child being in a state of sleep or in and out of sleep.

While in our care, Harmony Childcare Centre has a duty to ensure that all children are provided with a high level of safety when sleeping / resting.

It is understood by all employees, students and volunteers that there is shared responsibility in ensuring that Sleep and Rest Room Policies and Procedures are adhered to.

### **PROCEDURES:**

Harmony Childcare Centre will ensure that....

- sleep room staff periodically perform a direct visual check of each sleeping child by being physically present beside the child while the child is sleeping
- staff is to look for indicators of distress or unusual behaviours
- there is adequate lighting in the sleep room so that direct visual checks can be conducted

#### **Procedures regarding Visual Checks:**

- Sleep / rest time begins at 12:30 p.m. and ends at 2:30 p.m.
- From 12:30 p.m. to 1:30 p.m. there are two staff in the room helping the children settle into this routine and are in very close proximity to all of the children in the sleep room
  - A check of all children should be noted twice during this period - 1:00 p.m. and 1:30 p.m.
  - observances of any significant changes in a child's sleep / rest will be notes in the log
- Beginning at 1:45 p.m. a visual check will be performed every 15 minutes by walking by each cot – bend, look and listen by each child's cot for any distress in breathing and / or any unusual sleeping occurrences
  - These checks will be noted in the Daily Sleep / Rest Room Log every 15 minutes
  - Observances of any significant changes in a child's sleep / rest will be noted in the log
  - Details regarding the performance of direct visual check will be noted (if any)
  - Make a note of any sleep adjustments and/or the manner in which a child will be supervised in future due to observances made during checks

- Observances of any significant changes in a child’s sleeping patterns or behaviours during sleep will be communicated to parents and will result in adjustments to the manner in which the child is supervised during sleep

**Harmony Childcare Centre will also.....**

- provide each child enrolled in our care with his/her own individually labelled cot
- consult with parents about their child’s sleeping habits and preferences prior to their first day in care and/or at transitions into another program or room or upon a parent’s request
- post this policy on our website so that current as well as those interested in our Centre have access to our policies and procedures regarding sleep / rest

**Safe Resting Practices for Pre-School Children:**

- pre-school children will be asked to lay down on their cots - preferable position is on their backs but if they turn onto their sides or stomachs, staff will monitor child to ensure they are comfortable, safe and sleeping without disturbance
- at no time will a child be allowed to cover their face / or a teacher cover their face with a bed linen / blanket
- light bedding, small pillow is the preferred option for cots
- quiet experiences may be offered to preschoolers who do not fall asleep after one hour of resting
- children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has trouble breathing – labored to a cold for example, is coughing, etc.

**SLEEP ROOM AND REST LOG EXAMPLE:**

DATE: \_\_\_\_\_

TIME OF VISUAL CHECK:	OBSERVANCES, DETAILS REGARDING PERFORMANCE CHECK, ADJUSTMENTS TO SLEEP OR MONITORING OF CHILD, ETC.	STAFF ON DUTY
1:00 p.m.		
1:30 p.m.		
1:45 p.m.		
2:00 p.m.		
2:15 p.m.		