



# NAPPING & RESTING

## WHAT IS DIFFERENT?

Past requirements stated the standards for sleeping equipment, but did not address the individual napping or resting needs of the children. Also, the sleeping equipment of children under 19 months must be free of soft bedding, pillows and soft toys (2-14.b.4), and that they are put on their backs to sleep (3-6.b).

The CNCR recognize individual needs and differences among children in regards to napping and resting. Program are specifically required to have a daily routine that is based on the needs of the children in their care.

## WHY IS IT IMPORTANT?

It is important for programs to have flexibility when deciding on whether or not to provide opportunities for napping and resting. Depending upon the age of the child and a child's specific needs, a nap may be important. Children who are tired are unable to fully participate in activities and may become irritable, resulting in behavior management issues that might otherwise have been prevented. However, other children may not benefit from a nap. In a child-centred program, it is advisable to be as flexible as possible and allow children who seem to need less rest to play.

Research has also shown that young children are safer when their sleeping equipment is free of items that might lead to suffocation and that the incidence of sudden infant death syndrome (SIDS) is lower when a young child is placed on his or her back to sleep.

## IMPLEMENTATION

Work with your caregivers to develop a plan to incorporate opportunities for children to nap or rest into your schedule of daily routines, as needed by the children.

Children will have sleep routines that may vary slightly from day to day and they should be able to nap if and when they seem tired.

Plan your approach based on the needs of the children in your care. If you have some children who nap every day and others who do not, you may prefer to provide a “quiet time” when some children do quiet, independent activities while the other children sleep.



Remember, the room should never be completely dark. There must always be sufficient light for you to see and supervise the children. (2-8.a.4)

To decide whether your program needs a specific quiet or nap time:

- Consider when your program is offered. A rest or nap is more likely to be needed in the afternoon than in the morning.
- Assess the children in your program; Consider their ages, temperament, and situation.
- Based on your findings, decide if a rest or nap time will be included in your daily schedule of routines. Decide on procedures to follow when a child needs to rest, but others don't.

If you decide to provide a nap or rest time:

- Make sure you have enough age-appropriate sleeping equipment and bedding.
- Set up a schedule for washing bedding and for sanitizing sleeping equipment, as necessary.

**Quiet Time Activity Ideas:**

- Reading
- Puzzles
- Beading
- Drawing
- Painting, Cut and Paste, Writing
- Lego blocks
- Playdough

**Note:** Staff may be accustomed to using a scheduled sleep time for all children to complete paper work and program planning. If some children do not sleep or if you do not have a scheduled nap or rest time, it may be necessary to find alternative times to accomplish these tasks.

**Special information about Combined Care**

If you have long-term children who sleep on a daily basis, you need to consider how to provide for short-term children during nap time. If you do not have space to care for short-term children during nap time, you may decide not to provide Short Term Care during those hours.

On the other hand, you may be able to care for both sleeping children and children engaged in quiet play by rearranging your space and providing quiet activities. Planning your approach ahead of time will ensure a successful experience for staff, children and families.



## **SUPPORTING DOCUMENTS**

- Sample Napping and Resting Policy

## **REQUIREMENTS**

### **2-11 Sleeping Equipment and Bedding**

- a. When providing long term CNC to a child, the program has a sufficient quantity of the following equipment:
  2. Cribs or playpens, if CNC is provided for children under nineteen (19) months of age; and
  3. Age-appropriate sleeping equipment for children nineteen (19) months of age and over who need it.
- b. When bedding is used at a facility, it is washed weekly, or when soiled, or when used by another child.

### **3-6 Napping and Resting**

1. The daily routine includes opportunities for children to nap or rest, as needed by the child.
2. When providing care for children under nineteen (19) months, the SPO has procedures for ensuring that a child is placed on his or her back to sleep.

## **2-14 SPECIFIC SAFETY CONCERNS FOR CHILDREN**

### **Concerns for Children Under Six (6) years of age**

- b. In addition to meeting requirements in sections 2-13 and 2-14.a, when a child under six (6) years old is present, the ISO shall specifically ensure that
  3. Sleeping equipment for a child under nineteen (19) months is free of soft bedding, pillows and soft toys.