



## Lansing Co-operative Nursery and Preschool

### **Sleep Monitoring Policy**

#### **POLICY:**

Each child enrolled full time at Lansing Cooperative Nursery School is required by the Child Care and Early Years Act to have a rest period. A rest period of 1 hour (minimum) to 2 hour (maximum) takes place after the children's lunch. We do not force children to sleep. We feel that if a child needs to sleep he/she will fall asleep naturally. If a child is not sleeping, he/she will have opportunity to engage in quiet activities. Staff are required to monitor all children during sleep in adherence to Ministry of Education best practices policy. Upon enrolment parents, will be provided with a copy of our sleep policy.

#### **Procedures:**

All children in the Full day Preschool program will have a nap/quiet time for a maximum of two hours per day. Children who are not sleeping and become restless will have an opportunity to engage in quiet time activities.

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.

The primary safe resting and sleeping practices for children in care at Lansing are as follows:

- All children sleep/rest with their face uncovered.
- The sleeping/resting environment, equipment and materials are safe and free from hazards.
- Employees, students and volunteers monitor sleeping/resting children at regular intervals and supervise the sleeping/resting environment.
- Each child in our care is assigned to an individual cot. Each cot will have the child's name on it, so that employees, students, volunteers and families will know which sleeping equipment belongs to which child.

- The only object allowed on the cot is a soft comfort object or small blanket that has been provided by the family
- Lansing will provide a bottom sheet for each cot. Sheets are laundered weekly and cots are disinfected weekly.

#### Staff Supervision Procedures:

1. The staff will ensure that there is sufficient lighting in the sleep area in order to perform direct visual checks (monitor breathing and body temperature) of each sleeping child by being physically present and approaching each sleeping child to monitor indicators of distress or unusual behaviours. Distress indicators may include trouble breathing or a change in child's skin colour.
2. Staff responsible for sleep supervision will perform direct physical checks every 30 minutes by going over to the children who are sleeping and document on the HiMama App that the direct visual sleep supervision has been completed on each child.
3. The ratio of adults to Preschool children during nap time can be reduced to 1:12
4. Staff will document and communicate to a child's parents any significant change in their sleeping pattern or behaviours during sleep.