

Rest & Safe Sleep 0-5

Approach

Southern Oregon Head Start takes into account the individual needs of the children and routines set by the family. Every child will be offered quiet time during the day to rest and recharge.

All sleeping children need to be within both sight and sound of a caregiver at all times.

All staff will be required to participate in the state mandated Safe Sleep training prior to supporting a classroom.

Head Start Program Performance Standards:

1302.31(e)(1) – Age-appropriate approach to accommodate children's need to nap and rest.

1302.47(5)(ii) – Safe Sleep Practices

Caring for Our Children:

3.1.4.1: Safe Sleep Practices and Sudden Unexpected Infant Death (SUID)/SIDS Risk Reduction

5.4.5.1 – Sleeping Equipment and Supplies

5.4.5.2 – Cribs

Department Of Early Learning and Care:

414-305-0400 – Staff-to-Child Ratios and Group Size (7)

414-305-0520 – Program Schedule (3)

414-305-0600 – General Requirements for Care of Infants and Toddlers (3)

414-305-0620 – Furniture and Equipment for Infants and Toddlers

414-305-0630 – Safe Sleep

Procedure

Infants and Toddlers in the EHS program will eat, sleep, and play according to their individual needs. All EHS children attending center services will have an Individual Care Schedule completed between the parent and staff before a child can attend class.

During their individual rest time, as recommended by the American Academy of Pediatrics, all infants under the age of 1 year will be placed on their back to sleep to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Once an infant can roll from their back to their stomach and from their stomach to their back, the infant can be allowed to remain in the sleep position that they assume.

Pillows, fluffy blankets, crib bumpers, stuffed toys or other soft items are not allowed in the crib with a child less than 12 months of age. Children over 12 months still sleeping in a crib may have a blanket if needed. All cribs and napping cots/mats must be spaced at least 2 feet apart (if placed Head to Toe) & 3 feet apart (if placed Head-to-Head) in the classroom.

Children who participate in a Duration program **must** be provided a regular time every day at which they are encouraged, **but not required**, to rest or nap.

To support child supervision and safety requirements; all classrooms will create and post a **Nap Mat Map** designating where each child's resting location is in the classroom. For Part-Day programs, the designated nap area will be clearly labeled on their Nap Mat Map with a plan for 3 mats, to meet the individual needs of children. For Duration programs, all children will be identified and planned for on the **Nap Mat Map**. Mats are required to be laid out daily for all children participating in a Duration Program and children encouraged to rest. Nap Mat Maps will be approved by the Site Manager prior to the beginning of the school year or upon any updates.

For children who need individual attention/planning during this time, be sure to include specifics in the Classroom Matrix of identified staff roles, and how staff will prepare the children and environment for nap/rest time.

A. Infants

Staff will adhere to the following safe sleep practices for infants in care:

- Supervision of Sleeping Infants: Infants must be supervised at all times while sleeping (e.g. within sight and sound of staff).
- The Infant safe sleep poster will be posted in the protected infant sleep area for reference.
- Ratios: a 1:4 ratio will be maintained at all times during rest and wake.
- Crib Compliance: Each infant shall sleep in a crib that complies with current Consumer Product Safety Commission (CPSC) standards with a clean non-absorbent mattress. Mattresses may not be doubled up or stacked.
- Back to Sleep: Infants **must** be placed on their backs on the crib mattress for sleep. No Items in Crib Except Pacifiers: No items (except pacifiers) will be in the crib with the infant (e.g., bottles, toys, pillows, stuffed animals, blankets or bumpers, etc.).
- Clothing for Sleep: Infant sleep clothing will include Health approved sleep sacks and footed pajamas. Swaddling, weighted blankets, weighted clothing, weighted sleep sacks or other weighted objects and clothing that restricts the infant's movements is not allowed.

- Strangulation Hazards: Clothing or items that pose a strangulation risk (e.g. clothing with drawstrings, teething necklaces, pacifier attachments, etc.) are not allowed.
- Time in the Crib: Infants will not be routinely left in a crib except for sleep or rest.
- Infants Falling Asleep in Other Places: If an infant falls asleep in another place (e.g. car seat, buggy, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, etc.), or arrives to care asleep in a car seat, the infant will immediately be moved to a crib or appropriate sleep surface (e.g. sleeping mat for older infants).
- When to Transition an Infant from Crib to Mat: When an older infant is observed trying to climb out of the crib, or the parent informs staff that their child is trying to climb out of their crib at home, then the child must be transitioned immediately to a sleeping mat that complies with current CPSC standards.
 - Sleeping mats must be placed in a “room-scaped” area of the classroom, so the infant is separated from mobile toddlers.
 - Infants must not have their heads covered by items such as blankets or linens at any time; infants must continue to use a sleep sack, until 12 months of age.
 - Items that may cause suffocation or strangulation such as headwear (e.g. hoods, hats, headbands), bibs, necklaces, and garments with ties or drawstrings must be removed from the infant and sleep equipment prior to laying an infant down to rest.
 - Once a child is 12 months of age AND is mobile, they can sleep outside of the “room-scaped” area on a designated sleep mat.
- Our EHS program will allow a child to be put to sleep in their crib with a pacifier if noted on their Individual Care Schedule. We will not force a child to keep it in their mouths.
 - Due to the risk of strangulation, pacifiers will not be hung around the infant’s neck or attached to any part of their clothing during sleep time.
- Only one infant should be placed in each crib.

B. Toddlers

- For toddlers, rest time is scheduled based on individual need, as noted on their Individual Care Schedule, to help them relax and unwind.
- Toddlers Falling Asleep in Other Places: If a toddler falls asleep in another place (e.g. couch, rocker/glider, buggy/stroller, beanbag, meal table), the toddler will be moved to their designated sleep mat that is following approved

safe sleep equipment.

- If a child shows signs of needing rest or is falling asleep at any time, it is our perspective that their body requires the rest. Therefore, we will help the child have a supervised rest time.
- Children who do not sleep after 30 minutes of quiet time must be provided with an alternative quiet activity. The activity may be in the same room where children are sleeping if it is not distracting the sleeping children.
- For a Duration classroom a 30-45-minute rest time will be scheduled.
- For a 4-hour day, a 5-10-minute relaxation time will be scheduled
- When all toddlers (young toddler 12 months to 24 months, older toddler 24 month to 36 months) are at rest, the situation permits, there are no infants in the group (6 weeks to 12 months), and the room is arranged so all children are supervised, there may be one Teacher/Specialist or aide II, or aide I, with CBR, supervising the resting room. As children awaken and become active, additional staff shall be added to return to ratios. Sufficient staff to meet the required ratio shall be in the facility and able to be summoned by the caregiver without leaving the resting room.
- Best Practices- Teachers will honor each toddler's developmental progression and scaffold their skills to self sooth to fall asleep on their own to support their transition into Head Start.

C. Preschoolers

Preschool-age children who participate in a program that operates more than 4 hours per day (Duration), will have regularly scheduled rest periods at which they are encouraged, but not required, to rest or nap.

Please refer to the ***Creative Curriculum Foundations Book Pg. 76-77*** for more ideas and information.

- Rest period must include the opportunity for each child to lay down on a cot or mat. Rest periods may take the form of children sleeping, being awake but inactive, or participating in alternative quiet activities.
- Preschool programs that operate up to 6 hours a day (part-day) do not require you to schedule a nap or rest time.
- Prepare children for resting -Plan a quiet activity for the group just prior to rest time (story, fingerplay or quiet music). Have children set out mats or cots as they finish eating, toileting, brushing teeth, or finishing a quiet activity. Allow children to bring comforting toys or special blankets from home if they choose.
- Encourage rest/sleep by rubbing the child's back, playing quiet music, or sitting near them. Every child should have time to settle at their own pace.

- Preschoolers Falling Asleep in Other Places: If a preschooler falls asleep in another place (e.g. couch, beanbag, cozy cube, meal table), the staff must ensure that the sleep environment is safe and within sight and sound and follows Safe Sleep guidelines.
- If children are unable to sleep after 30 minutes of quiet time, they must be provided with an alternative quiet activity. The activity may be in the same room where children are sleeping if it is not distracting the sleeping children. Consider creating 'nap bags' with quiet activities like small toys, magnet blocks, or board books and stuffed story telling characters, for children to bring to their mats.
- Allow children to awaken on their own. If a child tends to sleep longer, place their mat/cot away from peers who awaken early, so they can get the rest their body needs.
- For a Duration classroom a 30-45-minute rest time will be scheduled.
- For a 4-hour day, a 5-10-minute relaxation time will be scheduled.
- If a child shows signs of needing rest or is falling asleep at any time, it is our perspective that his / her body requires the rest. Therefore, we will help the child have a supervised rest time.
- When all preschool age children are at rest, the situation permits, and the room is arranged so all children are supervised, there may be one Teacher, aide II, or aide I, with CBR enrollment, supervising the resting room.
- As children awaken and become active (2 or more children, off their mat or engaging with others), additional staff shall be added to return to ratios. Sufficient staff to meet the required ratio shall be in the facility and able to be summoned by the caregiver without leaving the resting room.

D. Furniture and Equipment

- Each infant shall have a crib, portable crib, play pen, or traditional indigenous sleep equipment (like a cradleboard) with a clean, non-absorbent mattress that meets the following requirements:
 - All cribs shall comply with consumer product safety commission standards for use by infants and have documentation from the manufacturer or retailer stating that the crib was manufactured after June 28, 2011.
 - Each crib shall be of sturdy construction with vertical slats no more than 2 3/8" apart;
 - Locks and latches on the drop-side of a crib shall be safe and secure from accidental release or release by the infant inside the crib;
 - Cribs shall not be used with the drop-side down;

- Each mattress shall fit snugly
- Each mattress shall be covered by a sheet that fits snugly;
- There shall be no restraining devices of any type used unless prescribed by a physician; and
- Wall or stacking cribs shall not be used
- Each crib should be assigned and labeled by name or number for a specific child.
- Each crib should be thoroughly sanitized before use by another child and when soiled
- There shall be a safe, washable cot or rest mat for each toddler and preschool age child in the center at nap time.
- Each mat used for napping shall be:
 - Covered with a waterproof cover; and
 - At least one inch thick.
- Mats/Cots/Cribs shall be placed at least two feet apart if children are placed head to toe; or three feet apart if placed head-to-head. They shall be arranged in a manner that allows for direct, unobstructed passage for each child.
- Each child who is resting shall have individual bedding consisting of at least a sheet or blanket.
- Bedding shall be cleaned when soiled, upon change of occupant and at least once a week.
- Mats, cots and bed linen shall be properly stored, in accordance to our Safety Resource Manager.
- Store each child's pillow, blanket, sheet and special sleep item separately (child cubby, bin or other designated space), and label for each child.
- All clean linen shall be stored in a sanitary manner.
- Cribs are to be placed away from window blinds or draperies.
- Bassinets are Prohibited.
- Crib Bumper pads must not be on the premises of a certified childcare center.

E. EHS- Documenting Infant, Young Toddlers and Toddlers Sleep Schedule

- The center shall provide a child's sleep schedule to each parent of an infant and toddler on a daily basis. Staff will update the EHS Care Log as soon as the child falls asleep with the start time and the again upon waking. For



children who take multiple naps, each nap will be noted on the Car Log. At the time the child is signed out for the day, the Care Log will be shared with guardians. (Please see [Individual Care Schedule for Early Head Start Policy and Procedure](#))