Rest Procedure for Early Head Start and Head Start

PROCEDURE / APPROACH:

Infants and Toddlers in the EHS program will eat, sleep and play according to their individual needs (see Individual Care Schedule Procedure). 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 he or she assumes. Pillows, fluffy blankets, crib bumpers, stuffed toys or other soft items in the crib with a child less than 12 months of age are not allowed. All cribs and napping mats must be spaced two feet apart if children are placed head to toe; or three feet apart otherwise. They shall be arranged in a manner that allows for a direct, unobstructed passage to each child.

Preschool-age children who participate in a program that operates 6 hours or longer per day must provide a regular time every day at which they are encouraged, but not required, to rest or nap.

HEAD START PROGRAM PERFORMANCE STANDARDS:

1302.47(4)(i)(B) – Prevention of Sudden Infant Death Syndrome and use of safe sleep practices.
1302.47(5)(ii) – Safe Sleep Practices.
1302.31(e)(1) – Age-appropriate approach to accommodate children’s need to nap and rest.

Oregon Department of Education Certified Child Care Centers Rules:

414-300-0210 – Furniture (5)(6)
Mats or cots shall be placed at least two feet apart if children are placed head to toe; or three feet apart otherwise.

A. Infants

- 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 mouth.
  - 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.

- Our EHS program follows the American Academy of Pediatrics safe sleep recommendation of no blanket, no bumpers, no pillows, no stuffed animals or toys for
infants under one year of age while sleeping.

- Infants under 1 year should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture / equipment that is not a safety-approved crib (meets the CPSC and ASTM safety standards).

- If an infant arrives in the classroom asleep in a car safety seat the parent / guardian or EHS staff should immediately remove the sleeping infant from this seat and place them in the supine position in a safe sleep environment (i.e., the infant’s assigned crib).

- If an infant falls asleep in any place that is not a safe sleep environment, EHS staff should immediately move the infant and place them in the supine position in their crib.

- Only one infant should be placed in each crib.

B. Toddlers

- For toddlers, a rest time is scheduled based on individual need, as noted on their Individual Care Schedule, to help them relax and unwind.

- 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.

C. Preschoolers

Preschool-age children who participate in a program that operates 6 hours or longer per day must provide a regular time every day when they are encouraged, but not required, to rest or nap.

- A program must provide alternative quiet learning activities for children who do not need or want to rest or nap.

- For a 6- or 7-hour day, a 20 minute rest time will be scheduled.

- For a 4-hour day, a 10 minute relaxation time will be scheduled.

- A program must provide each child who is napping a mat or cot, and individual bedding consisting of at least a sheet or blanket.