



Rochester Childfirst Network

SERVING CHILDREN SINCE 1857

SLEEPING/NAPPING ARRANGEMENTS

Per New York State OCFS Day Care Center Regulations, "other than for school age children, sleeping and napping arrangements must be made in writing between the parent and the program." [418-1.7(o)]

Where children will nap:

Children will nap/rest in their classrooms.

Item child will nap on/in:

Toddlers and Preschoolers Cot

How napping children will be supervised:

Primarily, the classroom teachers will be supervising the children during nap time. Since nap time does coincide with teachers' lunch breaks, Rochester Childfirst Network substitutes, administrators, and directors may be utilized to help provide supervision during nap time.

Accommodations for non-nappers:

Per New York State OCFS Day Care Center Regulations, "appropriate rest and quiet periods, that are responsive to individual and group needs, must be provided so that children can sit quietly or lie down to rest." [418-1.7(n)]

If a child falls asleep during nap time, their nap will be uninterrupted.

After approximately 20 minutes of rest, "children unable to sleep during nap time shall not be confined to a sleeping surface (cot, crib, etc) but instead must be offered a supervised place for quiet play." [418-1.7(w)]

Additional Guidelines for Infant Sleeping Arrangements:

Per New York State OCFS Day Care Center Regulations...

"Children may not sleep or nap in car seats, baby swings, strollers, infant seats or bouncy seats unless otherwise prescribed by a health care provider. Should a child fall asleep in one of these devices, he or she must be moved to a crib/cot or other approved sleeping surface." [418-1.7(m)]

"Sleeping arrangements for infants require that the infant be placed flat on his or back to sleep, unless medical information from the child's health care provider is presented to the program by the parent that shows the arrangement is inappropriate for that child." [418-1.7(p)]

"Cribs, bassinets and other sleeping areas for infants must not have bumper pads, toys, large stuffed animals, heavy blankets, pillows, wedges or infant positioners unless medical information from the child's health care provider is presented indicating otherwise." [418-1.7(q)]

By signing below, I am acknowledging that I have read the above information and am aware of RCN's nap time arrangements for my child.

Parent/Guardian's Signature

Date

Parent/Guardian's Signature

Date