



# *Park Lawn Preschool Inc.*

*Park Lawn Preschool \* Humber Bay Child Care Centre \* PLP Early Learning Centre at St. Mark*

## **PLP HS 217 Rest Time and Sleep Supervision**

Park Lawn Preschool Inc. ensures that all toddlers and preschoolers attending 6 hours or more have a rest time of up to 2 hours after lunch. Children who do not sleep after 1 hour, are allowed to get up and play quietly. Staff will provide early riser activities for these children.

Each child in the toddler and preschool program is assigned an individual cot labelled with the child's name. Cots are not shared between children and are assigned to the child for the duration of their enrollment in the program. Children moving up from the Toddler program to the Preschool program will have a new cot assigned and labelled. Each cot is sanitized weekly and bedding is sent home on Friday to be washed and returned the following Monday.

Parents of children who regularly sleep will be advised of PLP's Rest Time and Sleep Supervision policy at the time of registration.

Parents are consulted respecting their child's sleeping arrangements at the time the child is enrolled and at any other appropriate time, such as at transitions between programs or rooms or upon a parent's request.

### **Underage Children – Toddler Program**

We recognize that children under 18 months of age may have irregular sleep activities, therefore a standardized sleep schedule for the classroom may not be implemented right away and instead an individual schedule will be developed in consultation with the child's parent. Underage children in the Toddler program will be provided a cot for sleep in place of a crib. Parents will be required to sign an agreement form upon registration.

### **Instructions from Parents**

Each program works closely with parents to ensure we are meeting the needs of each individual child. Our programs follow these instructions as closely as possible but also take into consideration the needs of the individual child.

For example, a parent may request that their child does not sleep during the day, but the child is falling asleep at the table, the staff should then provide a rest period for this child. PLP Staff will inform the parents and explain that the child required a nap that day because the child was unable to stay awake.

### **Sleep Supervision**

During sleep/rest time (up to 2 hours per day), ratios may be reduced to no less than two-thirds of the required ratio. Toddler: 1:8 Preschool: 1:12

Using reduced ratios during rest period may provide some staff with an opportunity to leave the premises during the operating hours of the centre, and still leave the required number of staff on site to meet reduced ratio requirements. PLP ensures that the appropriate numbers of adults are on site, available and accessible to each classroom operating at a reduced ratio.

For example, in a group of 15 toddlers or 24 preschool children where all children are resting/sleeping on cots or playing quietly, one staff must be in the room, one staff may be on the premises and readily available (i.e. in the staff room; washing toys), and one staff may leave the premises so long as another staff is designated to take their place in the case of an emergency.

### **Direct Visual Checks**

During sleep/rest time, a staff member must periodically perform a direct visual check of each child by being physically present beside the child while the child is sleeping and looking for indicators of distress or unusual behaviours.

Direct visual checks will be performed a minimum of twice per rest period while children are sleeping. There must be sufficient light in the sleeping area to conduct direct visual checks.

If any significant changes are observed in a child's sleeping patterns or behaviours during sleep, the child's parent will be informed. The parent and staff will discuss any adjustments to the manner in which the child is placed to sleep or supervised during sleep. These adjustments will be documented and implemented by staff.

Direct visual checks will be documented on the *Park Lawn Sleep Supervision – Direct Visual Check Record* (Appendix A) or through the HiMama App. Records of the checks will be maintained and available for at least 3 years.