



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.

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.

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 number 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). Records of the checks will be maintained and available for at least 3 years.

This policy is reviewed at least annually to ensure it is current. It is reviewed with, and signed by, employees, students and volunteers before they begin their employment, educational placement or volunteering; and annually thereafter and any other time when changes are made.