



### Reach-Up's Infant/Toddler/Preschool Nap Policy

Reach-Up will provide preschool children a nap or rest time when they are attending a session for longer than 5 hours. All children will be provided their own cot and blanket with these items be washed at a minimum weekly, and if necessary more often when they are soiled. Toddlers may bring their own blanket, which is kept in their own private cubby space for nap. Cots will be placed directly on the floor and must not be stacked when in use. A cot location map will be designed for the classroom so each child will have a consistent location for resting as well as a safe walking space for staff and children. Children will be encouraged to rest for 30 minutes. After 30 minutes, if the child is not sleeping they may get off their cot and engage in a quiet activity provided by the staff. Supervision will be ensured, by having qualified staff in the room and within sight and sound of children at all times during rest time.

**Infants:** Cribs used for infants meet the federal safety standards. Inspections of the cribs are completed, and documented each month. Annual recalls are checked with the Consumer Product Safety Commission. Infants are always placed on their back, unless there is written documentation from the infant's physician instructing differently. If the child is at least 6 months old, and they are able to roll from their back to their stomach, the infant will be allowed to remain on its stomach as long as the parent provides a signed statement saying the infant regularly rolls over at home. Nothing will be placed in the crib with the infant except for their pacifier. The crib is the only place an infant will be when sleeping, within eyesight and sound, and checked in 10 minute intervals. Date, time and observation will be documented on the "sleep check" form in the infant area. Swaddling can only be allowed with a signed consent form from the parent for an infant who is not yet rolling over on its own. They can be wearing a one piece sleeper with an attached fastener only across the upper part of their body, and nothing limiting movement of their hips or legs to create a swaddle. The form from MN Department of Human Services has the form that is used.

This policy has been created from the guidelines provided by Minnesota Department of Human Services Division Licensing.