



SLEEP SUPERVISION POLICY

Children registered with Teddy Bear Educare will have a rest period during the day unless otherwise requested by the child's Parent/Guardian. At our Centre, we recognize all children have individual sleep patterns, and we make every effort to meet the varying patterns while transitioning children into the daycare routine upon enrollment.

The designated rest period will occur directly after lunch and last for a maximum 2 hour period. Any other rest periods will be on an as needed basis (where specifically documented in the parent consultation).

Upon enrollment, parents are consulted regarding their child's sleep preferences, noted behaviors and any specific accommodations required during their stay. Parents are also encouraged to provide blankets, pillows and teddy bears or special comfort items that will aid their child's adjustment to comfortably napping in the facility. Any special instructions provided by the parents/guardians during the consultation will be followed (i.e. soothers only for sleep time, limiting naps, etc.) and ongoing regular communication between parents/guardians and staff will ensure that all the child's needs are being met and kept current as they transition and mature. These special instructions are documented in each child's file and are communicated by the Supervisor to each staff member.

Each child attending our Centre will be assigned their own cot for use during sleep time which is labelled with the child's name. Cots are sanitized and cot sheets are laundered weekly by the daycare. In addition, blankets brought from home will be sent home at the end of each week to be laundered by the parent/guardian unless soiled in which case they are laundered immediately. In the event of sickness at the Centre, cots will be sanitized and sheets will be washed more frequently to avoid spreading of viruses.

During the 2 hour sleep period, children are encouraged by staff members to nap through sleep techniques such as rubbing the child's back, reading a story or singing/playing soothing music, etc. No child will be made to lie in their cot if they have failed to fall asleep **after 1 hour** OR if they have awoken from their sleep before the end of the assigned rest period. In these instances quiet activities such as reading, colouring, or puzzles are introduced under supervision for the duration of the period.

When there are three (3) or more children in the sleep room, one staff member is required to be physically present in the sleep room at all times. Attendants in each room are to monitor children every 15 minutes during sleep time for indicators of distress or unusual behavior and each sleep room or area will have sufficient lighting to conduct such visual checks. This will consist of direct visual checks as well as physical checks - checking of forehead for temperature as well as observing breathing by the rise and fall of chest or back. These checks will be noted in each child's daily log which is sent home to the parent/guardian. Any indicators of distress or unusual behaviour will also be verbally communicated to parents/guardians at pick up time or if urgent through a phone call. If required, adjustments for the child's sleep will be made based on the parents' feedback, documented in the child's file and communicated to staff by the Supervisor. Please note this policy will be communicated to parents through the enrollment package.