

R381-100-18: NAPPING

Purpose

This section provides rules and information about equipment used for napping and how often children need to rest or nap.

General Information

Cribs, play-pens, play-yards, porta-cribs are all sleeping equipment that will be assessed as cribs. The crib rules may be found under Section 24 – Infants and Toddlers.

- (1) **The center shall provide children with a daily opportunity for rest or sleep in an environment that provides subdued lighting, a low noise level, and freedom from distractions.**

Rationale / Explanation

Most preschool children benefit from scheduled rest periods. This rest may take the form of actual napping, or a quiet time. Children who are overly tired can exhibit behavior problems. School age children should have the opportunity for periods of more restful activities, such as reading or board games. Conditions conducive to rest and sleep include a quiet place, a regular time for rest, and a consistent caregiver. *CFOC, 3rd Ed. pgs.100-101 Standard 3.1.4.4*

Enforcement

Always Level 3 Noncompliance.

- (2) **Scheduled nap times shall not exceed two hours daily.**

Rationale / Explanation

The purpose of limiting scheduled nap times to two hours is so that children are not forced to lie still on a mat when they are no longer tired or in need of rest.

Enforcement

Always Level 3 Noncompliance.

Assessment

Children who are tired may sleep more than two hours, but awake children should not be forced to remain on a cot or mat beyond the scheduled nap time, not to exceed two hours.

- (3) **A separate crib, cot, or mat shall be used for each child during nap times.**

Rationale / Explanation

Lice, scabies, and ringworm are among the most common infectious diseases in child care. These diseases can be spread if children share sleeping equipment. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. *CFOC, 3rd Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5*

Providing separate sleeping equipment also prevents young children from injuring one another or spreading disease by breathing directly into each other's faces during rest time. *CFOC, 3rd Ed. pgs. 251-253 Standard 5.4.5.1.*

Enforcement

Level 2 Noncompliance if a separate crib, cot, or mat is not used with mobile infants and toddlers.

Level 3 Noncompliance if a separate crib, cot, or mat is not used with children other than mobile infants and toddlers.

Assessment

Porta-cribs, including play yards and playpens, may be used to be in compliance with this rule.

- (4) Mats and mattresses used for napping shall have a smooth, waterproof surface.**

Rationale / Explanation

Mats and mattresses need smooth waterproof surfaces so they can be adequately cleaned and disinfected. *CFOC, 3rd Ed. pg. 118 Standard 3.3.0.5, pgs. 251-253 Standard 5.4.5.1*

Enforcement

Always Level 3 Noncompliance.

Assessment

One side of a mat, including a crib mattress, can be taped, as long as the children do not sleep on the side with the tape on it and the mats are not stored on top of each other. Cracked or torn sleeping or napping mats may be repaired with duct tape when the crack or tear is on the sides or bottom of the mat.

This rule will be out of compliance if there are holes, tears, or cracks in the sleeping surface.

- (5) The provider shall maintain sleeping equipment in good repair.**

Rationale / Explanation

The purpose of this rule is to prevent injury to children from broken equipment.

Enforcement

Level 1 Noncompliance if infant/toddler sleeping equipment is in poor repair to a degree that the equipment could fail. Level

2 Noncompliance otherwise.

Assessment

Examples of noncompliance with this rule include an unstable crib or a crib with missing slats or a broken railing.

Porta cribs will not be considered to be in good repair if they have tears greater than 2-3/8 inches in the sides of them.

- (6) If sleeping equipment is clearly assigned to and used by an individual child, the provider must clean and sanitize it as needed, but at least weekly.**

Rationale / Explanation

Lice, scabies, and ringworm are among the most common infectious diseases in child care. Providing separate sleeping equipment and bedding for each child, and storing it separately, can prevent the spread of these diseases. *CFOC, pg. 110 Standard 3.039; pgs. 226-227 Standard 5.094*

Enforcement

Level 2 Noncompliance if an item is visibly dirty with feces. Level

3 Noncompliance otherwise.

- (7) If sleeping equipment is not clearly assigned to and used by an individual child, the provider must clean and sanitize it prior to each use.

Enforcement

Always Level 2 Noncompliance.

Assessment

Blankets in a cubbie labeled with the child's name can be considered assigned to one child. Mats or cots can be clearly assigned to an individual child by having names on them, by numbering them and having a chart showing which number is assigned to which child or by labeling the container in which the mats or cots are stored. Mats that are not assigned to one child in this way must be cleaned and sanitized prior to each use.

- (8) The provider must either store sleeping equipment so that the surfaces children sleep on do not touch each other, or else clean and sanitize sleeping equipment prior to each use.

Enforcement

Always Level 2 Noncompliance.

Assessment

Nap mats may be stored on top of each other as long as the surface the child sleeps on does not touch another mat. In other words, the top of the mat cannot touch the bottom of the mat stacked above it.

- (9) A sheet and blanket or acceptable alternative shall be made available to each child during nap time.

Rationale / Explanation

According to American Academy of Pediatrics, if a blanket is used for infants, place the child's feet to the foot of the crib and tuck in a light blanket along the sides and foot of the mattress. The blanket should not come up higher than the infant's chest. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, are good alternatives to blankets. A copy of the safe sleeping guide is available on our website, childcarelicensing.utah.gov. *A Child Care Provider's Guide to Safe Sleep*

Enforcement

Always Level 3 Noncompliance.

Assessment

Made available means giving the sheets and blankets to the children 12 months and older.

There should be a sheet or blanket covering the surface each child sleeps on.

Swaddling a child with a blanket will be considered an acceptable alternative to a sheet and blanket.

- (9) A sheet and blanket or acceptable alternative shall be used by each child during nap time. These items shall be:
- (a) clearly assigned to one child;
 - (b) stored separately from other children's when not in use; and,
 - (c) laundered as needed, but at least once a week, and prior to use by another child.

Enforcement

Always Level 3 Noncompliance.

Assessment

Blankets in a cubbie labeled with the child's name can be considered assigned to one child.

- (10) The provider shall space cribs, cots, and mats a minimum of 2 feet apart when in use, to allow for adequate ventilation, easy access, and ease of exiting.

Rationale / Explanation

The American Academy of Pediatrics and the American Public Health Association recommend a distance of at least 3 feet between children's sleeping equipment, to reduce the spread of infectious diseases by children breathing in one another's faces during sleep. Adequate spacing between sleeping equipment is also necessary to facilitate evacuation of sleeping children in case of an emergency. *CFOC, 3rd Ed. pgs. 251-253 Standard 5.4.5.1*

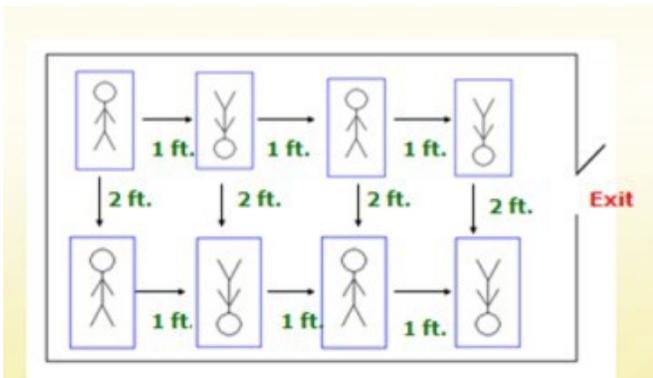
Enforcement

Level 2 Noncompliance if there is not at least 1 foot between cribs, mats, or cots. Level

3 Noncompliance otherwise.

Assessment

If a classroom does not have the space needed to place mats or cots 2 feet apart, mats may be placed 1 foot apart and children placed head to toe on alternating mats so that they are not breathing into each other's faces and there are at least 2 feet of space between their faces. When this is done, there must still be at least 1 foot of space between mats or cots to allow an adult to access children quickly in case of an emergency evacuation and rows of mats or cots still need to be placed 2 feet apart so children from one row are not breathing less than 2 feet from the faces of the children in the row above or below them and there is a clear exit.



Mats can also be placed at an angle and one foot apart and children placed toe to toe on the mats as long as their heads are at least two feet apart and there is a clear exit at least two feet out of the room.

Cribs may be spaced end to end if the end of the crib is solid (wood, plexiglass, etc, so children do not breath on each other. If the end or side of a crib is not solid, staff may hang a blanket over the side or end of the crib to serve the same function, provided the blanket entirely covers the side or end of the crib. When this is done enough space (at least 2 feet) must still be maintained on at least one side of the crib for caregivers to have quick and easy access to children in case of an emergency. Porta cribs may be placed side by side with a barrier between each crib if the ends are the same height as the sides. In this case, 2 feet will not be required between the cribs since the provider has access to the child and the barrier is preventing children from breathing on each other.

(11) Cots and mats may not block exits.

[Rationale / Explanation](#)

The purpose of this rule is to allow quick exit from the building in the event of an emergency, and to avoid sleeping children getting stepped on by people exiting or entering the room. *CFOC, 3rd Ed. pg. 207 Standard 5.1.4.3*

[Enforcement](#)

Always Level 2 Noncompliance.