

R430-90-18 and R430-50-18: 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.

Licensed Family 90-18:

- (1) The licensee shall ensure that children in care are offered a daily opportunity for rest or sleep in an environment that provides 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.

Licensed Family 90-18:

- (2) If the licensee has a scheduled nap time for children, it shall not exceed two hours daily.

Rationale / Explanation

The purpose of limiting scheduled nap times for no more than two hours is so 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, which is not to exceed two hours.

Licensed Family 90-18:

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
 - (a) The licensee shall maintain sleeping equipment in good repair.

Rationale / Explanation

The purpose of this rule is to prevent injury to children from broken equipment (for example, a broken cot or crib), and to ensure that equipment remains able to be effectively cleaned and disinfected.

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

Porta cribs will not be considered to be "in good repair" if they have tears greater than 2 3/8 inches in them. This is because, as with crib slats, a child's body part could become entrapped in the tear.

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.

Licensed Family 90-18:

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
- (b) If sleeping equipment, sleeping bags, pillow cases, sheets, or blankets are clearly assigned to and used by an individual child, a provider must clean and sanitize them 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, 3rd Ed. pg. 118 Standard 3.3.0.4, pg. 136 Standard 3.6.1.5*

Enforcement

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

Level 3 Noncompliance otherwise.

Licensed Family 90-18:

- (3) If a child uses sleeping equipment, sleeping bags, a pillow, a pillow case, sheets, or blankets while in care, the licensee shall meet the following requirements:
- (c) If sleeping equipment, sleeping bags, pillow cases, sheets, or blankets are not clearly assigned to and used by an individual child, a provider must clean and sanitize them prior to each use.

Enforcement

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

Level 3 Noncompliance otherwise.

Licensed Family 90-18:

- (4) If a child uses a pillow without a pillow case while in care, then the provider must clean and sanitize the pillow as required in Subsection (3). If a child uses a pillow with a pillow case while in care, then the provider must clean and sanitize the pillow case as required in Subsection (3).

Enforcement

Always Level 3 Noncompliance.

Licensed Family 90-18:

- (5) Sleeping equipment may not block exits at any time.

Residential Certificate 50-18:

(1) Sleeping equipment may not block exits at any time.

Rationale / Explanation

The purpose of this rule is to allow quick exit from the home 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.

Assessment

Even when children can walk over it, sleeping equipment cannot block exits.