

## Rest and Sleep Guidelines

In rooms where the **average age** of the group is **younger than 24 months** (even when children 24 months+ are in the group) **NO REDUCTION IN STAFF IS PERMITTED.**

Staffing requirements for groups whose **average age** is 24 months and older (but may include younger children) during the scheduled nap or rest time:

### **24-35 months**

- One staff may supervise a maximum of 12 children, provided that no more than 3 children are awake. When a fourth child is awake, a second staff person must be in the room.
- Two staff may supervise a maximum of 18 children, provided that no more than 6 children are awake. When a seventh child is awake, a third staff person must be in the room.

### **36-47 months**

- One staff may supervise a maximum of 16 children, provided that no more than 4 children are awake. When a fifth child is awake, a second staff person must be in the room.
- Two staff may supervise a maximum of 24 children, provided that no more than 8 children are awake. When a ninth child is awake, a third staff person must be in the room.

### **48-59 months**

- One staff may supervise a maximum of 24 children, provided that no more than 6 children are awake. When a seventh child is awake, a second staff person must be in the room.

### **60 months and over**

- One staff may supervise a maximum of 30 children, provided that no more than 8 children are awake. When a ninth child is awake, a second staff person must be in the room.

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**ASSISTANTS ARE NOT ALLOWED TO BE ALONE WITH CHILDREN, EVEN AT NAP TIME**

**ANY PROGRAM REDUCING RATIOS AT NAPTIME MUST HAVE A SAFETY PLAN ON FILE AND MUST NOTIFY PARENTS.**

**RATIOS MUST BE MET ON THE PREMESIS AT ALL TIMES.**