

First and foremost a child care program must meet the developmental needs of each child.

He-C 4002.23

(a) Programs shall consult with the parents of each child and observe children on an ongoing basis to determine each child's resting or napping needs.

Note: The purpose of this rule is to encourage parents and programs to have an ongoing dialogue about the needs of the **child**. This may require several attempts at getting to the right plan or it may mean that if a child is falling asleep at a program, the program must adhere to the needs of the child, even if it is the parents' wish that s/he stay awake.

(b) Programs shall provide children who are in attendance for more than 5 hours with an opportunity for at least one hour of rest, relaxation or sleep, depending on the needs of each child.

Note: The opportunity for rest/sleep can be provided by encouraging a child to rest on mat or cot, and should be provided in an environment conducive to a period of quiet rest. This rule is not intended to encourage programs to force children to lie down.

(c) Programs shall accommodate the individual sleeping patterns of infants and children who are unable to adjust to a scheduled nap or rest time.

Note: Not all children are developmentally ready to sleep at a scheduled time. The role of the program is to accommodate the child rather than expect that the child accommodate the program schedule. If a child demonstrates the need for rest or sleep at anytime during her/his time at a child care program (inability to maintain activity level, asking for crib/cot/mat, other behaviors as a result of fatigue) a program shall provide an opportunity for rest/sleep for the child at that time. The program or classroom schedule should be flexible enough to meet the needs of the children.

Typically developing infants, with no medical condition are very good at communicating their needs. If they are sleeping, it is because they need it, if they are crying to be fed, it is because they need it. If a child is hungry enough to eat s/he will wake up so they should not be woken up to keep to a feeding (or other) schedule. If special instructions are needed, please keep written medical orders on file.

(d) Programs shall allow children who are able to adjust to a scheduled nap or rest time to fall asleep and awaken at their own pace within a block of time set aside as nap or rest time.

Note: If a child has fallen asleep, the child may be woken up after a total of one hour on cot/mat, if the program has consulted with the parents and decided doing so is in the best interests of the child. This must be done in a respectful, gentle manner. A program may NOT shake a child or sit/stand a child up in order to wake the child.

If a child falls asleep, s/he must have the opportunity to have been at rest/sleep for at least an hour.

(e) Programs shall provide children who do not fall asleep after 30 minutes with an opportunity to do a quiet activity.

(f) Child care personnel shall not require that children who are awake stay on mats, sleeping bags, cots, or beds for more than 60 minutes.

Note: A program may not force a child to stay awake or to sleep. A program may require a child to stay on their mat/cot for up to an hour, if developmentally appropriate for that child, however they may not force a child to stay on the mat. Additionally, a program is not required to have a child stay on their mat if that is not appropriate for the child.

If the child is awake, the program may have the expectation that s/he stay on the mat, however the program should provide quiet activities for that child to do on his/her mat. If the expectation that the child stay on his/her mat is not developmentally appropriate, an alternative quiet activity (e.g. sensory table) should be provided.