

Huron Playschool Co-operative

Sleep Room Supervision Policy

October 3, 2016

Children who stay for the afternoon are offered a rest period after lunch. Staff will talk with families to understand how best to support each child having a peaceful rest period. Staff will communicate regularly with families about children's rest times, especially when there are changes in a child's sleeping patterns. The Sleep Room Supervision Policy will be reviewed with families when they register for the afternoon program, and any time changes are made.

Teachers will ensure that:

- Children are assigned to individual (labelled) cots.
- Cots are placed 18" apart.
- Bedding is removed and laundered every 5 days (weekly for FT children).
- Pillows and blankets are not shared between children without being laundered first.
- Direct visual checks are performed at least every 20 minutes on each sleeping child by being physically present beside the child and looking for indicators of distress or unusual behaviour. Teachers will log the times that direct visual checks are performed on the attendance.
- There is sufficient light in the sleep area or room to conduct direct visual checks.