

## H-22 SLEEPING AND NAPPING ROUTINES

### Policy:

All Children enrolled in a full day program will be provided an opportunity to rest in a quiet and calm environment. Cribs, mats and all linen used during napping will be thoroughly cleaned and laundered.

### Procedure:

1. Communication will occur between parents and staff during enrollment as to special techniques which caregivers can do to help child rest.
2. Staff will use appropriate (and acceptable) suggestions from the parent to assist children in resting. Infants and toddlers will sleep on their own schedules. Preschool children will be provided the opportunity to rest after lunch.
  - Infants will be placed on their backs in cribs.
  - No blankets will be used for infants up to age 1.
  - No heavy blankets or stuffed toys.
  - No overdressing .
  - Toddlers and preschoolers will be on mats.
  - Firm mattresses will be used to avoid soft bedding.
  - Mats will be a minimum of 2" thick.
  - Cribs and mats will be three feet apart when occupied.

**\*NO CHILD WILL BE PUT TO BED WITH A BOTTLE**

3. Care of Cribs, Mats and Linen:
  - **Friday pm** all sheets will be removed from the cribs.
  - Cribs will be sterilized weekly and/or after each use when soiled by body fluids or child illness.
  - Mats will be sterilized weekly when stored separately, or after each use when stored together.
  - Linen used on cribs will be washed and changed weekly and/or after each use when soiled by bodily fluids or child illness.
  - Linen used on mats, will be laundered weekly when stored individually or daily if soiled by bodily fluids or child illness
  - Soiled linen will be stored away from food preparation areas and in a sanitary manner.
  - Mats will be made up prior to napping time with a sheet covering the plastic and a blanket.
  - Cribs will be made **Monday am** with a sheet. No blankets will be used.
  - Each infant will be assigned their own crib, identified by their name or picture.
4. When a child is ill and requires isolation, the isolation area shall be thoroughly cleaned after each use and all bedding laundered before it is used again.