

**SLEEP\ REST TIME AGREEMENT**

As an early care and education provider it is our responsibility to maintain a safe sleeping environment for your child. As per OCFS guidelines an agreement must be made outlining nap or rest time procedures for your child. Please complete the form and return it to your primary care giver. This agreement must be completed yearly. Thank You.

Sleep is an important part of healthy growth and development. When a children sleep, their brains develop, they organize information, and they grow. Regular naps provide predictable routines and help children cope with the stimulating activities provided by the center.

**REST SCHEDULE**

**Infants:**

* In the infant rooms we provide opportunities for infants to nap as their individual schedule indicates. When infants are napping they are placed in an assigned crib and placed flat on their back to sleep, unless medical information from the child’s health care provider is presented to the center, by the parent that states this arrangement is inappropriate for that child.
* Infant cribs may not have bumper pads, toys, large stuffed animals, heavy blankets, pillows, wedges, or infant positioners unless medical information from the child’s health care provider is presented in writing indicating otherwise.

**Waddlers\Toddlers\ Preschool- 1:00-3:00**

* Children 18 months and older will nap on a cot in the classroom. Rest time occurs from 1:00-3:00 pm. The room is darkened, soothing music is played and backs will be rubbed if the child wishes. No child is ever forced to sleep, however, this is a quiet time and children are asked to rest quietly for a short time until those children needing to nap have settled. For those children who do not nap, they well be offered quiet activities; remembering that other children are sleeping.
* As children wake they will be allowed the same quiet activities. The staff will wake up all children with back rubbing, soft voices and kindness around 3pm. Blankets will be put back in the child’s cubby and children will be offered snack.

**UPK Extension: 1:00-2:30**

* The UPK Extension children will be given the opportunity to nap from 1:00-2:30 with the same rest time arrangement as our center children as stated above.

**SUPERVISION DURING REST TIME**

As per the requirements specified in section 418-1.8 of the NYS OCFS Regulations, all children will have competent supervision by classroom staff during rest times. Children will be within a staff members range of vision, and will be close enough to assist a child who wakes from nap, or is playing quietly in the classroom.

Please sign below indicating your understanding and agreement. If you have questions about this agreement or questions about your child’s individual needs, please discuss this with the Center Director.

|  |  |
| --- | --- |
|  | \  \ |
| Parent Signature | Date |