

ST. JOSEPH ACADEMY
(SJA)

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I. Policy:

This policy outlines St. Joseph Academy's (SJA) procedure regarding nap and rest periods. The Department of Children and Families (DCF) and the National Accreditation Commission (NAC) wants to ensure children are healthy. In order for a child to properly grow and develop, he or she will need to get an appropriate amount of rest. Children under age five years in care for more than four hours per day will have a rest or nap period.

Staff must permit a child who does not sleep after 30 minutes and a child who awakens to be allowed to get up and have a quiet time through the use of equipment or activities which will not disturb the other children.

II. Procedure:

- Infants rest routines are individualized and scheduled with input from the child's parent or guardian.
- When placing an infant in a crib, staff must secure the sides of the crib when applicable. Staff must also remove bibs from the infant.
- Children should be allowed to settle into the nap routine. Staff should set the tone by dimming the lights, closing blinds or letting down shades. Staff may want to read a story or play soft music.
- If staff choose to play music, you may not play music from radio stations. We want to control what the children are hearing. We cannot control the types of music and/or advertisements that are aired through the radio. Some information aired may be inappropriate for the children to hear.
- Staff may also want to rub the children's backs.
- Staff are not allowed to cover the children's faces with covers, blankets or sheets.
- Staff should follow the nap schedule listed on the daily routine.
- When nap time is over, staff should allow children to gradually wake up. This is done by turning on the lights, letting up the shades or opening the blinds. Staff may also want to play more lively music and begin the remainder of the daily routine.

SIDS

To reduce the risk of Sudden Infant Death Syndrome, unless an infant's health care provider provides written documentation ordering an alternate sleep practice, infants are placed on their backs to sleep. We use firm mattresses manufactured for infant sleeping. Waterbeds, sofas, soft mattresses, pillows and other soft surfaces are prohibited as infant sleeping surfaces. All pillows, quilts, comforters, sheepskins, bumper pads, special cushions, and stuffed animals or other toys in the cribs shall be removed from the crib.

SJA provides infant sleep sacks to be used for resting. If a blanket is used, the infant is placed at the foot of the crib with a thin blanket tucked around the crib mattress, reaching only as far as the infant's chest. The infant's head remains uncovered during sleep.

After being placed down for sleep on their backs, infants may then be allowed to assume any comfortable sleep position when they easily turn themselves from the back position. Staff do not need to reposition the infant on their back. Unless a doctor specifies the need for a positioning device that restricts movement within the child's crib, such devices shall not be used.

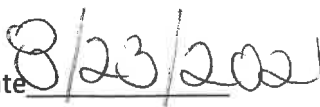
- Awake non-mobile infants shall be provided "tummy time."
- When an infant falls asleep on the mat, bouncy seat, swing, etc., they should be placed in their crib.
- Children should not be allowed to sleep in their car seats unless written permission is provided from the child's pediatrician.

Approved by:



President/CEO

Date



8/23/2021