



GOLDEN POND SCHOOL

GOLDEN POND SCHOOL REST TIME POLICY

Studies suggest that sleep and/or periods of quiet rest are essential for optimal health and growth for young children. Much is happening in the brain of a slumbering preschooler, including processing and storing memories that are the foundation for learning. Additionally, a daily rest time helps children modulate their emotions as well as sleep better at night.

At Golden Pond School, we will ensure that all children have appropriate opportunities to sleep, rest, and relax in accordance with their individual needs. Virginia licensing requires that preschool children have a designated daily rest period for 1 – 2 hours. During the school year 2 and 3 year old Preschool Enrichment students will have a 1.5 - 2 hour daily rest period while 4 and 5 year old students will have a 1 – 1.25 hour rest period. If after 30 - 40 minutes of rest time a child is not sleeping, quiet activities will be offered to the child.

Golden Pond School Faculty and Staff will:

- Consult with the family about their child’s sleep and rest needs. Educators will be sensitive to each child’s needs so that sleep and rest time will be a positive experience.
- Work with the children to help them learn about their need for sleep and rest. Children will be encouraged to communicate their needs.
- Provide adequate staff/child ratios at all times. Note: The teacher to child ratio doubles during rest time.
- Provide an individual, labeled cot for each child. Cots are inspected on a daily basis and sanitized immediately as needed, and otherwise on a weekly basis.
- Arrange children’s cots to allow easy access for children and staff.
- Ensure that there is at least 12 inches of space between occupied cots and that children sleep “head to foot” to reduce the spread of germs.

- Provide individual bed linens, a cot sheet and blanket, for each child. Linens will be clean and in good repair. If soiled, linens will be washed immediately and otherwise on a weekly basis on-site.
- Provide a rest area that is well ventilated and offers a comfortable temperature.
- Create a relaxing atmosphere for resting by reading stories, dimming lights, playing soothing music, and ensuring that children are comfortable.
- Encourage children to rest on their backs. If children turn over during their sleep, they will be allowed to find their own sleeping position.
- Ensure that at no time is a child's face covered with their bed linens.
- Ensure that children sleep in their shoes in case of an emergency evacuation and as required by Virginia licensing.
- Ensure that children do not sleep in hooded garments as those garments increase the risk of choking.
- Provide a visual check of each child every 15-20 minutes focusing on 1) Body Position, 2) Breathing Rate, 3) Bed Linens, and 4) Overall Environment
- Encourage children to rest for 30 - 40 minutes, and if they are awake after that time, provide them with quiet activities that can be done on their cot.
- Gently wake children who are still sleeping at the end of the rest period. Staff will gradually turn up the music, turn on lights, and provide snack and quiet activities for those children who are awake.
- Communicate daily with families about their child's napping/rest time.

Parents will:

- Agree to the use of a GPS supplied individual **toothbrush** and toothpaste. GPS uses Tom's of Maine for Children in a variety of flavors. Brushes are sanitized daily.
- Provide a familiar item from home, if desired, such as a **stuffed animal** or small blanket to be used during rest time only. No large blankets or pillows are allowed. The item(s) will be stored in the child's backpack and sent home each Friday to be laundered.
- Provide **two extra sets of clothes**. One set will stay in the classroom and the other will remain in the child's backpack. A set of clothes includes underwear, shirt, shorts or pants and socks. An extra pair of shoes is recommended if your child has potty accidents.
- Provide a one week supply of diapers/Pull-Ups if your child wears one during rest time.

- Support that children will not use pacifiers, bottles or electronic devices in the classroom during rest time.
- Support teachers in maintaining a quiet rest time by promoting the positive aspects of this activity with their child.

Child's Name

Parent Signature

Date