



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. Resting also helps children modulate their emotions and sleep better at night. Reporting in the *Proceedings of the National Academy of Sciences*, Rebecca Spencer, associate professor of psychology and neuroscience at the University of Massachusetts Amherst, says that rest time should be part of every preschool curriculum.

At GPS, 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 full-day summer camp 2 and 3 year old children will have a 1 ½ hour rest period while 4 – 5 year old children will have a 1 – 1 ¼ hour rest period. If after 30 minutes a child is not sleeping s/he may be provided with quiet activities to do on their cot.

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 are encouraged to communicate their needs.
- Provide adequate staff/child ratios at all times. Note: Staff/child ratios double during rest time.
- Provide an individual and labeled cot for each child. The cots will be clean and in good condition. Cots will be checked daily. Cots will be cleaned and sanitized immediately as needed, and otherwise on a weekly basis.
- Arrange children's cots to allow easy access for children and staff and ensure that there is at least 12 inches of space between occupied cots.
- Provide individual linens (cot sheet and blanket) for each child. Linens will be clean, in good repair and checked daily. GPS linens will be washed immediately if soiled, 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 listening to audio stories, playing soothing music, and ensuring that children are comfortable.
- Ensure that children sleep “head to foot” to reduce the spread of germs.
- Encourage children to rest on their backs. If a child turns 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 clothing or bed linens.
- Ensure that children rest in their shoes in case of an emergency evacuation. This is a Virginia licensing requirement.
- Ensure that children do not rest 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, 4) Overall Environment, and 5) Coloring.
- Encourage children to rest for 30 minutes, and if they are awake after that time, provide them with quiet activities that can be done on their cot for the remaining rest period.
- Gently wake children who are still sleeping at the end of the rest period. Staff will turn down the music, speak softly, and provide quiet activities for those children who are awake.
- Communicate daily with families about their child’s napping/rest time.

Parents will:

- Provide a familiar item from home, if desired, such as a stuffed animal. No pillows will be allowed. The item will be placed in your child’s backpack after rest time each day. If your child is returning to camp the next week, please wash the item before returning.
- Provide an extra set of labeled clothes in a labeled Ziploc bag that will stay in your child’s backpack until needed. A set of clothes includes underwear, shirt, shorts, and socks. An extra pair of shoes is recommended if your child is prone to 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 GPS classrooms and 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