



Nap Agreement

At the YMCA Daycare all children are provided time and space to nap within their classroom. Ratio is maintained during nap time.

Children over the age of 1 year are provided a cot labeled with his/her first and last name for nap time. We ask parents to **provide clean bedding** for their child's cot on Mondays **(this is a requirement of OCFS license)**. If a child does not come in with bedding the daycare must provide clean bedding. On Fridays we send the bedding home to be washed and returned. Cots are sanitized weekly and as needed throughout the week.

Children under the age of 1 are provided a crib or "pack - n - play" labeled with his/her first and last name for napping. We provide the crib sheet so that it fits properly. Children under the age of 1 are not able to have anything in the crib with them due to the risk of SIDS. Children under the age of 1 are placed flat on their back to sleep.

Appropriate rest and quiet periods, that are responsive to individual and group needs, must be provided so that children can sit quietly or lie down to rest **(this is a requirement of OCFS license)**.

Children are supervised during nap time by their regular classroom staff. Staff are **positioned so they can supervise all children during this time**. For children unable to nap, quiet supervised activities are provided. Children are never confined to a cot/crib if unable to sleep.

Sleeping surfaces, including bedding, must not come in contact with the sleeping surfaces of another child's rest equipment during storage. Mats and cots must be stored so that the sleeping surfaces do not touch when stacked.

I have read to and agree with the above information regarding nap time at the YMCA Daycare.

Parent/Guardian Signature

Date