



Rest Policy

During the scheduled rest period (approximately noon to 2pm), ratios become relaxed. Educators will communicate daily with the parents regarding their child's rest period. The program rest/nap expectations will be shared with families. Children are encouraged to but are not required to nap.

When children are resting, the following relaxed ratios apply:

Toddler (19 months to 2 yrs 11 months) - One (1) Educator to twelve (12) children

Pre-school (3yrs to 3yrs 11 months) - One (1) Educator to sixteen (16) children

Pre-kinder (4yrs+) - One (1) Educator to twenty (20) children

Relaxed ratios cannot apply until all the children are resting or engaged in a quiet activity. If children are awake and not interested in resting or engaging in a quiet activity, the Director or another Educator must be notified and provide support (either leaving the room with the child(ren) or engaging in a quiet activity). Children are encouraged to, at the family's request, but will not be required to nap. The Director must be notified immediately if the children are not interested in resting or are exhibiting behaviours that won't allow an Educator to provide supervision to the larger group size. Educators may go for their breaks once relaxed ratios apply, or they require the Director or another Educator to join the group.

To prepare for and facilitate a good rest period:

- Children eat lunch (if hungry) prior to rest/ nap time.
- Prior to all children being done eating, beds are placed out by the Educators.
- Children may have an item of comfort.
- No beverages are provided to children while they are resting.
- Children will be asked to use the washroom before laying down.
- Children are asked to lay on their bed or to do a quiet activity.
- Lights will be dimmed, window coverings closed, and soothing music played.
- Children's faces need to remain visible, not covered with a blanket or toy.
- Educators may use strategies to comfort or sooth a child on their bed, if desired by the child (i.e. hugs, sitting close, singing quietly, back rub, etc.).
- Educators will follow the Child Guidance, Supervision and Protection of Children, Youth and Vulnerable Persons Policy when comforting a child.

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- Educators may work on documentation only if the children are under supervision that is adequate to ensure their safety, well-being and development.

As children rise from rest

- They may participate in quiet activities, including playing with quiet toys on their bed or at the table covered with sound dampening material (i.e. a towel)
- If children are awake and not interested in a quiet activity, the Director or another Educator will be notified immediately and must leave the area with the child(ren) or help relocate the child(ren) to another play space.
- When another Educator is available the children awake will leave the room with that Educator while the other children continue to rest.

Educators may not:

- Use or permit the use of any form of physical restraint, such as holding a child on their bed.
- Use their size or authority to intimidate, such as positioning their body in a way so that a child cannot move from their bed, or using ultimatums (i.e. I will move, once you are quiet).