

AURORA CHILDREN'S CENTRE, CARDINAL CARTER CHILDCARE CENTRE & EAST GWILLIMBURY CHILDREN'S CENTRE

Sleep Supervision Policy and Procedures

Date Policy and Procedures Established: June 2017

Date Policy and Procedures Updated: June 7, 2021

Policy

Placement of Children for Sleep

- Children under 12 months of age will be placed in individual cribs/cradles for sleep.
- Children between 12-18 months of age, who receive childcare for six hours or more, will be placed in individual cribs/cradles or cots for sleep in accordance with any written instructions from the child's parent.
- Children who are 18 months of age or older but younger than 30 months, who receive childcare for six hours or more, will be placed in individual cots for sleep.
 - Children 30 months or older but younger than six years old, who receive childcare for six hours or more, will be placed on a cot unless otherwise approved by a director.
- Children 24 months or older but younger than five years old and in a licensed family age group, who receive childcare for six hours or more, will be placed in a cot unless otherwise approved by a director.
- All children who are younger than 12 months of age will be placed on their own backs to sleep, unless other instructions are provided in writing by the child's physician. Parents of these children will be advised of the centre's obligation to place their child(ren) to sleep on their backs, as set out in the "Joint Statement on Safe Sleep: Preventing Sudden Deaths in Canada".

Procedures

- Aurora Children's Centre and Cardinal Carter Childcare Centre (herein after referred to as "ACC/CC" or the "Centre") will take reasonable steps to ensure that the needs for sleep and rest of the children being educated and cared for by our service are met, having regard of the ages and development stages and the individual needs of the children.
- All children will be provided with individual cots that are safety approved as well as a cot sheet. Cots and sheets will be cleaned according to ACC/CC's Sanitary Policy.
- Staff will consult with families about their children's sleep habits and be sensitive to each child's needs ensuring a positive experience.

- ACC/CC will maintain ratios as required by the Child Care Early Years Act.
- Staff will periodically perform (approx. every 30 minutes) a visual check of each sleeping child by being physically present beside the child sleeping. The staff member will be looking for indicators of distress or unusual behaviours. Observation times will be recorded on a classroom chart and kept for Ministry purposes.
- This policy will be reviewed yearly at our first fall meeting (usually September).

Consultation with Parents

- All parents of children who regularly sleep at the childcare centre will be advised of the centre's policies and procedures regarding sleep at the time of their child's enrolment and/or any time the policies and procedures are revised, as applicable.
- The Supervisor and/or Staff will consult with parents about their child's sleeping arrangements at the time of enrolment and at any other appropriate time (e.g. when a child transitions to a new program or room, or at the parent's request).
- Significant changes in a child's sleeping patterns or behaviours will be communicated to parents. Any significant changes in sleeping patterns or behaviours will result in adjustments being made to the child's supervision during sleep time, where appropriate, based on consultation with the child's parent.

Regulatory Requirements: Ontario Regulation 137/15

Sleep policies and supervision

33.1

- (1) Every licensee shall ensure that a child who is younger than 12 months who receives child care at a child care centre it operates or at a premises where it oversees the provision of home child care is placed for sleep in a manner consistent with the recommendations set out in the document entitled "Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada", published by the Public Health Agency of Canada, as amended from time to time, unless the child's physician recommends otherwise in writing.
- (2) Every licensee shall ensure that, if child care is provided for a child who regularly sleeps at a child care centre the licensee operates or at a premises where it oversees the provision of home child care,
 - (a) an employee or the home child care provider periodically performs a direct visual check of each sleeping child by being physically present beside the child while the child is sleeping and looking for indicators of distress or unusual behaviours;
 - (b) there is sufficient light in the sleeping area or room to conduct direct visual checks; and
 - (c) there are written policies and procedures at the child care centre or home childcare premises with respect to sleep, and the policies and procedures,
 - (i) provide that children will be assigned to individual cribs or cots in accordance with this Regulation,

(ii) provide that parents will be consulted respecting a child's sleeping arrangements at the time the child is enrolled and at any other appropriate time, such as at transitions between programs or rooms or upon a parent's request,

(iii) provide that parents of children younger than 12 months will be advised of the licensee's obligation under subsection (1),

(iv) provide that parents of children who regularly sleep at the child care centre or home child care premises will be advised of the centre's or agency's policies and procedures regarding children's sleep,

(v) provide that the observance of any significant changes in a child's sleeping patterns or behaviours during sleep will be communicated to parents and will result in adjustments to the manner in which the child is supervised during sleep, and

(vi) include details regarding the performance of direct visual checks, including how frequently direct visual checks will be performed and how direct visual checks will be documented. (3) In determining the matters described in clause (2) (c) (vi) in respect of children who are enrolled with a home child care agency and who receive child care at a home child care premises, the licensee shall consider parents' input, the sleep environment at the premises and the proximity of the sleeping area or room to the child care provider when the child is sleeping.

(4) Every licensee shall ensure that in each child care centre it operates that has a separate area or room for sleeping, there is a system in place to immediately identify which children are present in the area or room.

(5) Every licensee shall ensure that if electronic sleep monitoring devices are used at a child care centre it operates or at a premises where it oversees the provision of home child care, (a) each electronic sleep monitoring device is able to detect and monitor the sounds and, if applicable, video images, of every sleeping child;

(b) the receiver unit of the electronic sleep monitoring device is actively monitored by employees at the child care centre or the home child care provider at all times; (c) each electronic sleep monitoring device is checked daily to ensure it is functioning properly; and

(d) electronic sleep monitoring devices are not used as a replacement for the direct visual checks required under clause (2) (a).