

# Sleeping Arrangements

This is an agreement between \_\_\_\_\_ and \_\_\_\_\_  
(Parent's name) (Provider's name)  
concerning sleeping instructions for my child \_\_\_\_\_,  
(Child's name) (DOB)

I understand that my child will sleep/rest or have a quiet activity during daily scheduled quiet time. My child will \_\_\_\_\_ on/in \_\_\_\_\_,  
(Sleep/rest or specify activity) (mat/crib/pack-n-play/cot/bed)  
in \_\_\_\_\_ for \_\_\_\_\_. [416/417.7(l)]  
(Where? Location of home) (Approximate time—varies with every child)

*Please check all that apply:*

- \_\_\_\_\_ My child will be monitored with a baby monitor once the child is sleeping. Until my child is sleeping the provider will remain in the same room as the child. The provider must physically check on my child every 15 minutes. In the rooms where children sleep, I understand that the doors are to remain open at all times, per regulations. [417.8(b)(1&2)]
- \_\_\_\_\_ I understand that if I have an infant the child must be put on its back to sleep as per regulations unless there is a doctor's note stating that this is inappropriate. Please attach to this contract. [417.7(m)]
- \_\_\_\_\_ Provider will always be in the same room as my child.
- \_\_\_\_\_ **(For evening/overnight care only)** I give my child care provider permission to sleep while my child is sleeping. [417.8(b)(3)]

\_\_\_\_\_  
Provider's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

## 416/417.7 Program Requirements

- (i) Except while sleeping, awaking or going to sleep, an infant must not be left in a crib, playpen or other confined space for more than 30 minutes at any one time. Other than at meals or snack time, a child must not be left in a high chair for longer than 15 minutes.
- (j) Children may not sleep or nap in car seats, baby swings, strollers, infant seats or bouncy seats. Should a child fall asleep in one of these devices, he or she must be moved to a crib/cot or other approved sleeping surface.
- (k) For day and evening care, 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.
- (l) Other than for school age children, sleeping and napping arrangements must be made in writing between the parent and the program. Such arrangements shall include: the area of the home where the child will nap; whether the child will nap on a cot, mat, bed or a crib; and how the napping child will be supervised, consistent with the requirements of section 417.8 of this Part.
- (m) Sleeping arrangements for infants require that the infant be placed flat on his or her back to sleep, unless medical information from the child's health care provider is presented to the program by the parent that shows that arrangement is inappropriate for that child.
- (n) Cribs, bassinets and other sleeping areas for infants must not have bumper pads, toys, large stuffed animals, heavy blankets, pillows, wedges or infant positioners unless medical information from the child's health care provider is presented indicating otherwise.
- (t) Children unable to sleep during nap time shall not be confined to a sleeping surface (cot, crib, etc.) but instead must be offered a supervised place for quiet play.

## 416/417.8 Supervision

(b) Children may be outside a caregiver's range of vision only as follows:

- (1) With the prior written permission of the parent, children who are napping or sleeping may do so in a room where an awake approved caregiver is not present, the doors to all rooms must be open; the approved caregiver must remain on the same floor as the children; and a functioning electronic monitor must be used in any room where children are sleeping or napping and an awake approved caregiver is not present.
- (2) When a functioning electronic monitor is in use, napping and sleeping children must be physically checked every 15 minutes.
- (3) For evening and night care, the caregiver may sleep while the children are sleeping only if functional electronic monitors are in use in each room where children are sleeping. The registrant must obtain the written permission to do so from a parent of each child receiving evening or night care in the family day care home. In the event written permission is not obtained from all parents, the caregiver must remain awake at all times and physically check sleeping children every 15 minutes.