

## SLEEP SUPERVISION POLICY

As per regulation to the Child Care and Early Years Act (CCEYA), all children at Innisfil Montessori Academy are mandated have a rest period.

### SLEEP ARRANGEMENTS

Each toddler will have their own cot assigned to them which will be labelled with their name. With regards to individual sleeping arrangements, parents will be required to fill out our “*Sleep Preferences, Accommodations and Precautions*” form upon enrollment. This form will be reviewed and signed by the child’s classroom teachers upon entry into their room. Once reviewed this form will be placed in the classroom emergency binder for easy access when needed.

### CHANGE IN SLEEP PATTERN

Staff are obligated to communicate any significant changes to your child’s sleep pattern or sleep behaviour such as night terrors or a substantial change in amount of sleep. This communication allows us to ensure that parents are always aware of changes that are occurring with their child. These changes to sleep pattern or sleep behaviour will be communicated through the child’s written daily report or verbally upon pick up or drop off.

**VISUAL CHECKS** Direct visual checks will be performed on the child during rest time to ensure that there are no signs of distress. Visual checks for all age groups will be documented in a sleep log in the child’s classroom. The frequency of these checks is based on the child’s age and can be found in the chart below.

Toddler (18 months-2.5 years)	Every 30 minutes	Sleep Log
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These visual checks will be conducted by the classroom teacher being physically present beside the child long enough to ensure that they are not under distress. During these visual checks staff will be looking for breathing rate, sweating, colour change, wheezing, and nose flaring. If the child is showing any signs of distress the staff will act accordingly.

# SLEEP PREFERENCES, ACCOMODATIONS, AND PRECAUTIONS

At Innisfil Montessori Academy we want your child to feel as comfortable as possible throughout their stay at our center. We want to ensure your toddler is able to feel fully rested during our rest periods so that they can be recharged for the rest of their fun filled day. Our toddler and Casa students rest on cots and are encouraged to sleep. In our kindergarten program our students rest on mats, they are welcome to sleep or can choose to read or do quiet activities on their rest mats.

Please fill out this form with any special preferences (i.e. likes to sleep in the dark,) accommodations (i.e. Needs a pacifier, sleeps with a teddy bear etc) and precautions (ie. Has night terrors, tends to get overheated at night etc.) that you may have for your child.

\*Please note that any items, besides a pillow and blanket, not listed on this page will not be allowed with your child as they sleep.\*

Child's Name: \_\_\_\_\_

Sleep Preference(s):

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Sleep Accommodation(s):

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Sleep Precaution(s):

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\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Lead Teacher Signature

\_\_\_\_\_  
Date

