

Quiet Time Guidance

**HS 1302.31 Teaching and Learning Environment**

A program must implement an intentional, age-appropriate approach to accommodate children’s need to nap or rest, and that, for preschool age children in a program that operates for 6 hours or longer per day provides a regular time every day at which preschool age children are encouraged but not forced to rest or nap. A program must provide alternative quiet learning activities for children who do not need or want to rest or nap.

**Licensing Rule – 400.8176 Sleeping Equipment**

Rule 176 (1) All bedding and sleeping equipment shall be appropriate for the child; be clean, comfortable and safe; and be in good repair.

 (4) A cot or a mat and a sheet or blanket of appropriate size shall be provided as follows: (a) For all preschoolers 3 years of age and older in care for 5 or more continuous hours. (b) For any child in care who regularly naps. (c) Upon a parent’s request for any child in care.

 (15) Cots and mats shall be constructed of a fabric or plastic which is easily cleanable.

 (16) All sleeping equipment and bedding shall be washed, rinsed, and sanitized when soiled, between uses by different children and at least once a week regardless of use by different children.

(18) All occupied cribs, porta-cribs, cots, and mats must be placed in such a manner that there is a free and direct means of egress and must be spaced as follows:

 (b) Cots and mats at least 18 inches apart

**Licensing Rule – R 400.8188 Sleeping, resting and supervision**

 (12) Naptime or quiet time shall be provided when children under

school-age are in attendance 5 or more continuous hours per day.

(13) For children under school age who do not sleep at rest time, quiet activities must be provided such as reading

books or putting puzzles together.

 (14) Resting or sleeping areas shall have adequate soft lighting to

allow the caregiver to assess children.

**GSRP Implementation Manual Guidance**

Centers that operate five or more hours must have a written rest or quiet time policy. The Policy must comply with rest requirements of the LARA, Child Care Licensing Division.

* A time period no longer than one hour, while accommodating for the individual needs of children.
* Provision of alternate activities for children who do not sleep.
* Provision for parents and staff to support the developmentally appropriate rest/nap needs of each child.
* Details on transition into rest time [e.g., children assist with putting cots out, getting their own blanket(s) and transition item(s); and turning off lights and turning on soft music]. Adults can assist in transition by moving among children in an unhurried fashion, having quiet conversation and providing soothing touch such as backrubs.
* Details on transition out of rest time (e.g., staff turn on soft music, open blinds, turn on lights, and gently awaken children with a touch and conversation). Children can assist in transition by putting away cots, blankets and transition items.



NMCAA Quiet Time Guidance

1. A staff person, trained volunteer meeting licensing requirements or child care staff must be present in every area where children are sleeping/resting at all times. No child will ever be left alone.
2. A maximum of 20 minutes after Quiet Time has begun (start times determined by individual classrooms) children who are not sleeping will choose a quiet activity off their cot. They may also start Quiet Time with an activity on their cot.
3. Designate a section of the classroom where children can use as the quiet activity area where planned PM activities can occur throughout the Quiet Time period for non-sleepers.
4. Quiet time activities must be planned and used as a time to individualize for the children according to their developmental needs.
5. Children who are sleeping may continue to rest until the daily schedule indicates Quiet Time is over. Daily schedules will reflect 1 hour designated as Quiet Time.
6. Refrain from using screens during quiet time. There are certain exceptions to this to individualize for a child, conversations must take place with Coach/Coordinator before implementing.

Additional items to ensure safety and cleanliness:

* To reduce potential for viral spread, we will engage in the following recommended practices:
* Using bedding (sheets, pillows, blankets) that can be washed.
* Bedding that touches a child’s skin will be cleaned weekly.
* Storing each child’s bedding in individually labeled bins, cubbies, bags, or in a way that sleeping items do not come in contact with another child’s sleeping items.
* Labeling each child's cot/mat.
* When possible, children will be placed head-to-toe (for example, one child with their head at the top of the mat, the next child over with their head at the bottom of the mat).
* When possible, children's rest time mats/cots will be spread out 6 feet apart. When not possible, mats/cots will be placed as far away from each other as possible.

5/22 EHS-HS Team\ADMIN\Procedures manual\ \Licensing\Quiet Time Guidance-Routine



**QUIET TIME ROUTINE**

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| Site: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Prep Time: \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_****Adult Tasks:****Child Jobs:** |
| **Reduced Light Time: \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ (no longer than 20 minutes)****Adult Tasks:****Child Activity Options:** |
| **Lights On – Sleeper & Non-sleeper Time: \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_****Adult Tasks:****Child Activity Options:** |

**All Children Up – End of Quiet Time: \_\_\_\_\_\_\_\_\_\_**

**Licensing and the GSRP Implementation Manual requires a rest time to be provided. Refer to the Quiet Time Guidance.**

**ORIGINAL:** IN CLASSROOM AND COPY TO COACH **copy:** in Start-up Folder

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