



## EHS 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..."

### Licensing Rule – 400.8176 Sleeping Equipment

- (1) All bedding and sleeping equipment shall be appropriate for the child; be clean, comfortable and safe; and be in good repair.
- (2) Heavy objects that could fall on a child, such as shelving and television, must not be above sleeping equipment.
- (3) A crib or porta-crib must be provided for all infants in care.
- (4) A crib, porta-crib, cot, or mat and a sheet or blanket of appropriate size must be provided for all toddlers and preschoolers under 3 years of age in care.
- (5) A cot or mat and a sheet or blanket of appropriate size must 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.
- (6) Car seats, infant seats, swings, bassinets, and play yards are not approved sleeping equipment.
- (7) Documentation from the child's health care provider is required if a child has a health issue or special need that requires the child to sleep in something other than a crib or porta-crib for infants or toddlers, or coto or mat for toddlers. The documentation must include specific sleeping instructions and time frames for how long the child needs to sleeping this manner, including and end date.
- (8) Swaddling with a sleepsack swaddle attachment or swaddle wrap is allowed only for infants up to 2 months of age. If a child has a health issue or special need that requires the child use a swaddle attachment or swaddle wrap after the child is 2 months of age, documentation from the health provider is required. The documentation must include specific sleeping instructions and time frames for how long the child needs to sleep in this manner, including an end date.
- (9) A center shall not use stacking cribs.
- (10) Cribs and porta-cribs must comply with the federal product safety standards issued by the United States Consumer Product Safety Commission, which are available at no cost at the commission's website, [www.cpsc.gov](http://www.cpsc.gov). These standards are also available for inspection or distribution at no cost from the Michigan Department of Licensing and Regulatory Affairs, Bureaus of Community and Health Systems, Child Care Division, 611 West Ottawa Street, Lansing , MI 48933.
- (11) A crib or porta-crib must have a firm, tight-fitting waterproof mattress.
- (12) A tightly fitted bottom sheet must cover the crib or porta-crib mattress with no additional padding placed between the sheet and mattress.
- (13) Soft objects, bumper pads, stuffed toys, blankets, quilts, comforters and other objects that could smother a child must not be placed in, or within reach of a crib or porta-crib with a resting or sleeping infant.
- (14) Blankets must not be draped over cribs or porta-cribs when in use.
- (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.
- (17) When sleeping equipment and bedding are stored, both of the following apply:
  - (a) Sleeping surfaces shall not come in contact with other sleeping surfaces.
  - (b) Bedding must not come in contact with other bedding.
- (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:
  - (a) Cribs and porta-cribs must be at least 2 feet apart. Cribs or porta-cribs with solid panel ends may be placed end to end.
  - (b) Cots and mats must be at least 18 inches apart.

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

- (1) Children under 3 years of age shall be provided opportunities to rest regardless of the number of hours in care.
- (2) A center shall permit children under 18 months of age to sleep on demand.
- (3) Infants shall rest or sleep alone in cribs or porta-cribs.
- (4) Infants shall be placed on their backs for resting and sleeping.
- (5) Infants unable to roll from their stomachs to their backs from their backs to their stomachs shall be placed on their backs when found face down.
- (6) When infants can easily turn over from their stomachs to their backs and from their backs to their stomachs, they shall be initially placed on their backs, but shall be allowed to adopt whatever position they prefer for sleep.



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- (7) For an infant who cannot rest or sleep on her or his back due to a disability or illness, written instructions, signed by the infant's licensed health care provider, detailing an alternative safe sleep position or other special sleeping arrangements for the infant must be followed and kept on file at the center. The instructions must include an end date.
- (8) A sleeping infant's breathing, sleep position, and bedding must be monitored frequently for possible signs of distress.
- (9) An infant's head must remain uncovered during sleep.
- (10) Toddlers shall rest or sleep alone in cribs, porta-cribs, or on mats or cots.
- (11) Infants and toddlers who fall asleep in a space that is not approved for sleeping shall be moved to approved sleep equipment appropriate for their age and size.
- (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.
- (15) Video surveillance equipment and baby monitors must not be used in place of subrule (8) of this rule and R 400.8125(1)



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Children will be given an opportunity to rest during a designated time every day according to each classroom's daily schedule. While quiet time is required by licensing regulations and Head Start Program Performance Standards the amount of time each child rests will be dependent on their individual needs. As children grow, teachers will follow their lead to support this special time of day.

1. To support their developing needs children under 3 years of age shall be provided opportunities to rest regardless of the number of hours in care and children under 18 months of age are permitted to sleep on demand.
2. No child will ever be left alone, including when sleeping/resting. A sleeping infant's breathing, sleep position, and bedding must be monitored frequently for possible signs of distress.
3. During quiet time, teachers/primary caregivers may help children with relaxation by patting backs, rocking, dimming lighting, playing relaxing music, etc.
4. For children who do not fall asleep during quiet time, teachers/primary caregivers will offer alternate quiet activities individualized to meet their developing needs and skills.
5. As quiet time comes to an end, staff will begin to slowly open up available areas of the classroom, turn up the brightness of lights (to the comfort level of the children) and allow sleeping children to wake up on their own.
6. Infants will be placed on their backs to sleep alone in approved cribs with tight fitting sheets and toddlers on a rest mat or cot with a blanket of appropriate size. Infants and toddlers who fall asleep in a space that is not approved for sleeping shall be moved to approved sleep equipment appropriate for their age and size.
  - a. Infants unable to roll from their stomachs to their backs and from their backs to their stomachs shall be placed on their backs when found face down.
  - b. Documentation from the child's health care provider is required if a child has a health issue or special need that requires the child to sleep in something other than a crib for infants or toddlers, or mat or cot for toddlers.
7. Swaddling with a sleepsack swaddle attachment or swaddle wrap is allowed only for infants up to 2 months of age. If a child has a health issue or special need that requires the child to use a swaddle attachment or swaddle wrap after the child is 2 months of age, documentation from the health provider is required. The documentation must include specific sleeping instructions and time frames for how long the child needs to sleep in this manner, including an end date.
8. Soft objects, bumper pads, stuffed toys, blankets, quilts, comforters and other objects that could smother a child must not be placed in, or within reach of a crib with a resting or sleeping infant. And blankets must not be draped over cribs when in use.
9. 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. When sleeping equipment and bedding are stored, both of the following apply:
  - a. Sleeping surfaces shall not come in contact with other sleeping surfaces.
  - b. Bedding must not come in contact with other bedding.
10. All occupied cribs 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:
  - a. Cribs must be at least 2 feet apart. Cribs with solid panel ends may be placed end to end.
  - b. Mats must be at least 18 inches apart.

## EHS Quiet Time Guidance

Additional guidance during COVID-19:

- 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 surfaces do not come in contact with other sleeping surfaces.
- 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.