



Provisions for Relaxation and Comfort

FCCERS-R Indicator	Why is this important?
<ul style="list-style-type: none"> • Furnishings providing a substantial amount of softness are accessible much of the day. (Cozy Area) <ul style="list-style-type: none"> ○ Combination of soft furnishings, or a large single furnishing (couch, mattress, or futon) • Children using soft furnishings for relaxation are protected from active play. <p>Definition: Much of the day – is associated with the children’s access to materials typically used indoors (books, art materials, and fine motor or dramatic play toys). It means that most of the time that any child is awake and able to play. No wait times or inactive times longer than 3 minutes. They must have access to materials for Much of the Day.*Observation note* If any child is prevented from reaching and using materials for a total of 20 minutes during the 3 – hour observation much of the day cannot be given credit.</p> <p>Definition: Accessible – children don’t have to ask the teacher to get/open materials.</p>	<ul style="list-style-type: none"> • Softness helps children relax and feel comfortable. It helps children to escape the harshness of the typical child care atmosphere. • One small thing (a thin mat) by itself does not allow a child to relax completely therefore, does not provide substantial amount of softness. • Since a cozy area is meant for relaxing it cannot be an active play area. Children should not be interrupted or disturbed when using the soft furnishings. It should be a protected area where children can go to relax.
<ul style="list-style-type: none"> • Many soft toys accessible much of the day. <ul style="list-style-type: none"> ○ At least 10 soft toys, and at least 2 per child if more than 5 children. ○ Cloth or vinyl coved foam blocks, cloth dolls, cloth toy animals, cloth puppets. ○ Within a child’s reach and can be used by children. Toys brought to non-mobile infants. 	<ul style="list-style-type: none"> • The number of soft toys is provided to ensure children do not have to compete over them. • Remember that non-mobile infants can’t get to materials by themselves. Materials need to be brought to them or they need to be brought to different interest areas in order to be considered accessible.

<ul style="list-style-type: none">• Softness accessible in more than one area in child care space.<ul style="list-style-type: none">○ Does not include soft toys.○ Several soft rug areas, bean bag chair, upholstered child-sized couch or chair.• Soft, child-sized furnishings provided especially for children.<ul style="list-style-type: none">○ Small upholstered chair or couch.○ Must be available to all ages of children enrolled.	<ul style="list-style-type: none">• Additional softness in furniture and floor allows for more comfort.
<ul style="list-style-type: none">• Soft furnishings used for reading or other quiet play.<ul style="list-style-type: none">○ At least 1 instance must be observed.	<ul style="list-style-type: none">• Because the soft furnishings are used for relaxing and protected from active play it is particularly conducive to being used for reading or other quiet play.

SOURCE: Family Child Care Environment Rating Scale (FCCERS)

