



Nap

ITERS-R Indicator	Why is this important?
<ul style="list-style-type: none"> • Nap is scheduled appropriately for each child. <ul style="list-style-type: none"> ○ Not too early, not too late, too long, too short, and must be dependable from day to day. 	<ul style="list-style-type: none"> • Infants vary greatly in their sleep patterns. In an infant program, children's sleep schedules should be individualized for each child. • Toddlers are usually more regular in their sleep patterns, but there are still substantial differences among children, just as there are among adults.
<ul style="list-style-type: none"> • Nap is personalized for each child. <ul style="list-style-type: none"> ○ Family pictures placed where child can see them. ○ Crib/cot/mat/pack-n-play placed in the same place. ○ Familiar practices and routines. ○ Special blanket or cuddly toy for toddlers. 	<ul style="list-style-type: none"> • Personalizing naps for children confirms the nap routine is carried out with each child's preferences in mind, ensuring the comfort and security of every child.
<ul style="list-style-type: none"> • Healthful provisions for nap/rest. <ul style="list-style-type: none"> ○ Cribs/cots/mats/pack-n-plays at least 36 inches apart, unless a solid barrier. ○ No swaddling of children. Swaddle sacks are allowed for children under 2 months and cannot roll. ○ Cribs/cots/mats must have a fitted sheet. ○ Pack-n-plays must not have sheets since they don't fit correctly. ○ Space between mattress and crib should not allow more than 2 fingers to fit. ○ No hanging objects that could cause entrapment. ○ No access to blind cords, small objects, or uncovered outlets. ○ Children should not rest directly on floor. ○ No sleeping in strollers, swings, bouncers, carseats or shared spaces (cozy area). ○ Clean bedding for each child. Bedding should be cleaned at least once a week, unless soiled in any way. 	<ul style="list-style-type: none"> • Any hazard (objects or practices) that puts a child at risk of a serious injury should be removed or eliminated. • The distance in-between cribs/cots is required for control of airborne infections, and ensuring that staff members have no difficulty accessing children because cribs/cots/mats/pack-n-plays are placed so close to one another. • Swaddling children who are old enough to roll can cause serious injury or death. They could roll over onto their stomach and suffocate because they can't roll back over or get their arms out to push their face away from the mattress. • The safest crib is one that looks the most bare. A simple mattress and well-fitting sheet is all they need. Everything else is not needed and can pose health and safety hazards.

<ul style="list-style-type: none"> • Sufficient supervision and supervision is pleasant, responsive, and warm. 	<ul style="list-style-type: none"> • Since sleeping infants under the age of one year are at heightened risk of Sudden Infant Death Syndrome (SIDS), supervision of sleeping infants requires that the children are within the view of the staff, and visually checked regularly when sleeping. • Napping toddlers also need to be within sight and hearing of at least one supervising adult in case children wake, an emergency occurs, or a child suddenly wakes up is frightened or feeling sick. • Supervision that is pleasant, responsive and warm gives children the message that they are valuable and loved.
<ul style="list-style-type: none"> • Cribs/cots/mats/pack-n-plays are used for sleeping, not for extended play or time-outs. 	<ul style="list-style-type: none"> • Infants/toddlers who want to get up should not have to wait for staff attention.
<ul style="list-style-type: none"> • Toddlers are eased into group schedules. <ul style="list-style-type: none"> ○ Quiet place for tired toddler to start nap early. 	<ul style="list-style-type: none"> • If children are not eased into new or changing schedules it can result in an adult who becomes irritated with having to care for a child whose schedule does not match those of the other children, a child who is required to be alert when he/she is too tired, or another expected to sleep when not ready.
<ul style="list-style-type: none"> • Children are helped to relax. <ul style="list-style-type: none"> ○ Soft music. ○ Child soothed by patting back. 	<ul style="list-style-type: none"> • In a program that handles nap at the highest levels of quality, accommodations are made for each child trying to fall asleep or rest quietly.
<ul style="list-style-type: none"> • Activities provided for children who are not sleeping. <ul style="list-style-type: none"> ○ Early risers and non-nappers have quiet activities. ○ Infants taken out of cribs to play within 15 mins of waking or sooner if upset. 	<ul style="list-style-type: none"> • In classrooms where toddlers follow a group nap schedule, there will be early risers or maybe even a child who does not nap at all. In classrooms where children are on individual nap schedules, it is likely that some children will be awake while others are sleeping. Rather than making early risers or non-nappers stay quietly on their cots/mats with nothing to do, activities should be provided.

SOURCE: *Infant/Toddler Environment Rating Scale (ITERS)*

