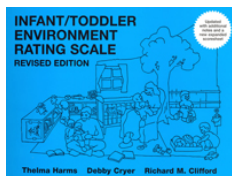


Provisions for Relaxation and Comfort

ITERS-R Indicator	Why is this important?
<ul style="list-style-type: none"> • Special cozy area accessible much of the day <ul style="list-style-type: none"> ○ Special cozy area protected and away from active play and has protections from children who are crawling or walking. ○ A combination of soft furnishings or a single mattress/futon <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 classroom. • Since the cozy area is meant for relaxing it cannot be an active play area that is equipped with soft materials. • One small thing by itself does not allow a child to relax completely therefore, does not create a cozy area.
<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. ○ Cloth or vinyl covered 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 in order to be considered accessible.
<ul style="list-style-type: none"> • Special cozy area plus softness accessible in several other areas (at least 2). <ul style="list-style-type: none"> ○ Does not include soft toys. ○ Several soft rug areas, bean bag chair, upholstered child-sized couch or chair. 	<ul style="list-style-type: none"> • Additional softness in furniture and floor allows for more comfort.
<ul style="list-style-type: none"> • Non-mobile infants placed in cozy area when appropriate. <ul style="list-style-type: none"> ○ Must be observed at least once during observation. 	<ul style="list-style-type: none"> • Since non-mobile infants are dependent on staff they should be placed in the cozy area so they can enjoy the relaxing atmosphere and the quiet activities possible there.
<ul style="list-style-type: none"> • Cozy area used for reading or other quiet play. <ul style="list-style-type: none"> ○ Must be observed at least once during observation. 	<ul style="list-style-type: none"> • Because the cozy area is soft, relaxing, and protected from active play it is particularly conducive to being used for reading or other quiet play.



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