

## **Sleeping , Napping & Resting Policy & Agreement Form**

Date \_\_\_\_\_

Parent Name \_\_\_\_\_

Child's Name \_\_\_\_\_

Dear Parents,

As required by the office of Children & Family services' New York state regulations, all children are required to have a rest period.

Children under three years of age may nap in a play pen, strollers or map during outdoor playtime & outdoor nap time. During the long rest period our infants will nap in the infant room where the electronic monitor is always on. The provider or her assistant will check on baby every 15 minutes. As a precaution to prevent Sudden Infant Death Syndrome (SIDS), all children under one years of age are slept on their backs. Back to sleep is the number one way to help prevent SIDS, and as a member of our child care program you agree to sleep your child under one on his or her back as described up above.

There is a cozy corner and any child can lie down and rest themselves.

Thank you,

Little Snowflakes Daycare Inc.

If you agree, please sign below;

I understand the sleeping arrangement for my child \_\_\_\_\_

(Child's name)

I agree to sleep my child on his or her back when in my care also to help prevent SIDS

Parent signature \_\_\_\_\_

Date \_\_\_\_\_