



## **Nap Agreement**

**At the YMCA Daycare all children are provided time and space to nap within their classroom. Ratio is maintained during nap time.**

**Children over the age of 1 year are provided a cot labeled with his/her name for nap time. We ask parents to provide clean bedding for their child's cot on Mondays. On Fridays we send the bedding home to be washed and returned. Cots are sanitized weekly and as needed throughout the week.**

**Children under the age of 1 are provided a crib or pack and play labeled with his/her name for napping. We provide the crib sheet so that it fits properly. Children under the age of 1 are not able to have anything in the crib with them due to the risk of SIDS. Children under the age of 1 are placed flat on their back to sleep.**

**Children are supervised during nap time by their regular classroom staff. Staff are positioned so they can supervise all children during this time. For children unable to nap, quiet supervised activities are provided. Children are never confined to a cot if unable to sleep.**

**Sleeping surfaces, including bedding do not come in contact with the sleeping surfaces of another child's rest equipment during storage.**

***I have read to and agree with the above information regarding nap time at the YMCA Daycare.***

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**Parent/Guardian Signature**

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**Date**