

## Sanitary Provisions for Nap/Rest (10.1.2, 10.3.2, 10.5.2)

- ❑ Children must sleep on a clean nap/rest surface such as a cot or mat (cannot sleep directly on the floor or sitting at tables). Bed linens such as blankets or sheets cannot be substituted for mat or cot.
- ❑ Nap/rest area is not crowded, with most cots/mats at least 18" apart. NOTE: To receive credit for 10.5.2, an attempt must be made to place all mats/cots at least 36 inches apart. For those who are less than 36" apart, children should be placed alternating head to foot so they are not breathing in one another's faces or using barriers between cots/mats.
- ❑ Children are provided with clean, individual bedding and do not share the same bedding or sleep surface with another child. This means each child should have a designated mat/cot.
- ❑ Bedding (sheets, pillows, blankets, sleeping bags) should be cleaned weekly (see *Caring for Our Children*, p. 118).\*
- ❑ Mats should be cleaned weekly (*Caring for Our Children*, Appendix K).\*
- ❑ Mats/cots must be sanitized after they have been contaminated (such as by vomit, mucous, blood, or toileting accidents).
- ❑ Mats should have a designated floor side and designated sleeping side. The sleeping side of cots/mats cannot touch one another, the floor, or the floor-side of other children's sleeping surfaces  
NOTE: Mats can be stacked or two mats can be stored in a cubby as long as 1) the sleeping side of mats do not touch one another or 2) the floor-side of one mat does not touch the sleeping side of another mat.
- ❑ Bedding (e.g., blankets) or sleep surfaces (cots/mats) used by the same children must be washed between use by each child.

### Scoring Guidelines

10.1.2: *Little attempt to ensure that nap/rest provisions are sanitary.*

10.3.2: *Some attempt made to practice sanitary nap procedures.* YES requires an attempt to meet sanitary provisions, including most cots/mats placed at least 18 inches apart during naptime and children have sheets on the sleeping surface.

10.5.2: *Staff carry out sanitary nap procedures with only a few lapses.*

\*NOTE: ECERS-3 says that bedding should be clean but does not specify frequency that mats/bedding should be cleaned. To ensure consistency, RTCs are using the guidelines provided in the National Health and Safety Standards document, *Caring for Our Children*, 3<sup>rd</sup> Ed, which is the document that ECERS-3 uses as basis for health/safety items. *Caring for Our Children* can be downloaded at <http://cfoc.nrckids.org/>.