

<b>ORP</b> <b>Office</b> <b>of Rules and</b> <b>Procedures</b>	<b>Department of Children and Family Services</b>	
	<b>Index No: 98-14</b> “corrected”	<b>Issuance Date: August 17, 1998</b>
	<b>Origin of Request: Central Office of Licensing</b>	
	<b>Distribution: Licensing Staff, Administrative Staff (A,L,P)</b>	
	<b>Key Words: 89 IAC 407, Licensing Standards for Day Care Centers, Nap Time</b>	
	<b>Approved by:</b>	

### Interpretation

**Applicable To:** Licensed Day Care Centers

**Policy Citation:** 407.350(a)(3): Children three years of age and older (until they are enrolled in kindergarten) generally shall not nap for more than two hours or rest without sleeping for more than 60 minutes. Children in this age group who do not sleep may be permitted to get up and shall be helped to have a quiet time with equipment or activities which will not disturb the napping children. When children are allowed to get up, the staff/child ratio must comply with Section 407.190(a).

407.350(j): Staffing during nap times shall be in accordance with Section 407.190(e). When non-sleeping children are allowed to get up, staffing shall be in accordance with Section 407.190(a).

407.190(a): The group sizes and ratio of child care staff to children present at any one time shall be as follows:

AGE OF CHILDREN	STAFF/CHILD RATIO	MAXIMUM GROUP SIZE
Infants (6 weeks through 14 months)	1 to 4	12
Toddlers (15 through 23 months)	1 to 5	15
Two years	1 to 8	16
Three years	1 to 10	20
Four years	1 to 10	20
Five years (preschool)	1 to 20	20
School-age:		
Kindergartners present	1 to 20	30

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407.190(e): With the exception of infants and toddlers, children may be under the direct supervision (staff in the same room) of 50% of the qualified staff required by this Section during nap times, provided the required staff-to-child ratio is maintained on the premises.

- 1) Infants and toddlers shall be under the direct supervision of staff required by this Section at all times.
- 2) When all of the children are two years of age or older, an early childhood assistant 18 years of age or older may provide direct supervision without the presence of an early childhood teacher for a maximum of one hour per day while the children are all on cots.

**Question:** Does subsection 407.350(a)(3) mean a child must be allowed off his or her cot after resting for 60 minutes or can the child be given a book or a puzzle and expected to remain on their cots? Does the center need additional staff if the children are allowed to get up off the cots and have quiet time activities?

**Discussion:** Children in the age range from 3 to kindergarten vary in their sleep requirements. Some children may not require a nap at all and others may need a two hour nap or more. The individual child's sleep needs may also depend on the child's participation in activities at various times. Each child's needs may vary from day to day.

Part 407 sets a guideline for average timeframes for children in that age range needing naps. It also states that children should be given the opportunity to nap.

Keeping in mind that a child's attention span is generally one minute per each year of age, 60 minutes on a cot without falling to sleep seems to be a very adequate opportunity to nap. Requiring children to be confined to a cot longer than the 60 minutes would challenge a young child's ability to maintain quiet, nondisruptive behavior. Also, allowing the resting children off the cot and providing a space for them to play quietly meets the requirement of giving the sleeping children the opportunity to nap.

**Response:** Children three years of age and older (until they are enrolled in kindergarten) shall be allowed to get off their cot after a maximum of a 60 minute rest and assisted in quiet time play. The center shall provide supervision for these children as defined in Section 407.190(a) and space for them away from the sleeping children.

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**Policy Interpretation 98.14 issued on July 28, 1998 contained an error. It stated that the policy applies to children six years and older. The correct response is that it applies to children three years and older (until they are enrolled in kindergarten). This Policy Interpretation has the correct language. Please replace the Policy Interpretation 98.14 dated July 28, 1998 with Policy Interpretation 98.14 dated August 17, 1998. We sincerely regret the error.**