



YMCA Child Care

Rest/Nap Expectations

The [YMCA of Northern Alberta COVID-19 Operational Handbook](#) was developed in response to the COVID-19 Pandemic and is a living document and will be updated regularly to ensure YMCA of Northern Alberta Employees and families have the most up-to-date information. Any information contained in COVID-19 Handbook supersedes existing [YMCA Child Care Policies and procedures](#).

- During scheduled nap time (approximately 12:00 pm - 2:00 pm), ratios become relaxed
- Educators will communicate daily with the parents regarding children’s rest period. YMCA Rest and Nap expectations will be shared with families. Children are encouraged to but will not be required to nap.
- When children are resting, the following relaxed ratios apply:

Age of Children	Educator/Child ratio
Infant (less than 12 mos)	1 Educator – 6 children
Infant (13 mos –18mos)	1 Educator - 8 children
Toddler (19 mos – 2 yrs 11 mos)	1 Educator – 12 children
Pre-School (3yrs – 3 yrs 11 mos)	1 Educator – 16 children
Pre-Kinder (4 yrs+)	1 Educator – 20 children

**Relaxed ratios cannot apply until all the children are resting or engaged in a quiet activity. If children are awake and not interested in resting or engaging in a quiet activity, the Director or Program Supervisor or another Educator must be notified and to provide support (either leaving the room with the child(ren) or engaging in a quiet activity with the child). Children are encouraged to, at the family’s request, but will not be required to nap. The Director and Program Supervisor must be notified immediately if children are not interested in resting or are exhibiting behaviours that does not allow an Educator to provide supervision to the larger group size to ensure the children’s safety, well-being and development. Educators may not go on their break until relaxed ratios apply or must require the Director or Program Supervisor or another Educator to join the group or their break will take place before or after nap time.

- Children are, at all times, under supervision that is adequate to ensure their safety, well-being and development
- Children eat lunch (if hungry) prior to rest/nap time
- Prior to all children being done eating, beds are placed out by the Educators and the children
- Children may have a comfort item
- No beverages are provided to children while they are napping
- Children may be asked to use the bathroom
- Children are asked to lay on their bed or do a quiet activity or to relocate to another group
 - Quiet activities include playing with quiet toys on their bed or at a table covered with a towel to minimize noise in a dimly lit area
- Lights will be dimmed, window coverings closed, and soothing music played
- Children’s faces need to be visible and not covered with a blanket or toy
- Educators may use strategies to comfort or soothe a child on their mat, as the child wishes. Educators will follow the Child Guidance, Supervision and Protection of Children Youth and Vulnerable Persons Policy and Procedures at all times.
 - Educators may:
 - Use physical contact to calm children when required:
 - Rub a child’s backs, tummy, or face



YMCA Child Care

- Give hugs
- Lay beside the child (if Educators are alone, they must sit to adequately supervise and avoid falling asleep)
 - Sing
 - Read a story
- Educators may not:
 - Use or permit the use of any form of physical restraint, such as holding a child on their mat
 - Use their size or authority to intimidate, such as positioning their body (for example, sitting or laying) in such a way the child cannot move from their mat or using ultimatums (for example, I will move once you once you are quiet)
- Educators will walk through the room every 15 minutes to do head counts and ensure children are safe and comfortable
- Educators may work on documentation only if the children are under supervision that is adequate to ensure their safety, well-being and development
- As children wake from nap:
 - They may participate in quiet activities, including playing with quiet toys on their bed or at a table covered with a towel to minimize noise in a dimly lit area
 - If children are awake and not interested in resting or engaging in a quiet activity, the Director or Program Supervisor or another Educator must be notified immediately and must leave the room with the child(ren) or the help relocate the child(ren) to another group
 - When another Educator is available, the children awake will leave the room with that Educator while the other children continue to rest