

**Virginia Marx Children's Center  
At  
Westchester Community College**

**Nap Policy**

**Infants**

The American Academy of Pediatrics strongly recommends the following rules regarding infant sleep position and surroundings:

- Infants under 12 months of age shall be placed on their backs on a firm, tight-fitting mattress for sleep in a crib that meets the standards of the US Consumer product Safety Commission.
- Waterbeds, sofas, soft mattresses, pillows, and other soft surfaces are prohibited as infant sleep surfaces.
- For infants younger than 12 months, bumper pads, wedges, pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products will be removed from the crib.
- If a blanket is needed, the infant's head shall remain uncovered during sleep. The blanket shall be placed around the child's chest and tucked under the mattress.
- Unless the child has medical reasons, and thus a note from his/her physician specifying otherwise, infants shall be placed on their backs for sleeping to lower the risks of Sudden Infant Death Syndrome (SIDS).
- When infants can easily turn over from their back to stomach or side, they shall be put down to sleep on their back, but allowed to adopt whatever position they prefer for sleep.
- Unless a doctor specifies the need for a positioning device that restricts movement within the child's crib, such devices will not be used.
- Children will be moved from a crib to sleep on a cot when developmentally appropriate at or around 12 months of age. If prior to 12 months, the child can be moved with parent's written permission to do so.

*This series was created by the Infant Mortality Risk Reduction Work Team of the National SIDS and Infant Death Program Support Center (NSIDPSC). You may copy it with proper credit. The NSIDPSC is a cooperative project of the SIDS Alliance, Inc. and the Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau (MCHB) Sudden Infant Death Syndrome / Infant Death Program.*

**Toddlers and Preschool**

- Children will nap in their classrooms. Cots will be placed in the rooms to allow for movement around each cot, away from doorways, and not blocking emergency exits.
- Each child will have their own cot that is labeled with their name. Sheets are provided by the family and sent home weekly, or as needed for laundering.
- Children are supervised during nap time using the same ratios that apply as when the children are active.
- All children are provided a time for rest. After a reasonable time period that meets individual needs, when children awaken, or for those who do not sleep, activities are provided in the classroom.
- Television, or other electronic visual media, is not used to calm children at naptime.

I have read the above VMCC nap policy. I understand that all infants will be placed on their back to sleep. I also understand that if my toddler or preschool-age child awakens or does not sleep after a reasonable period of time, he/she will provided alternate means of activity until the daily scheduled activities resume.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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