

Childcare Connections

Sleep Furnishings in Childcare Settings

Day Care Centre Regulations 1999, Regulation 11(1i), an individual cot, approved by the director of the department of health, shall be assigned for use by each child who is received on the premises for four or more hours each day; all cots and cribs shall be covered with a suitable, washable sheet or similar cover, be maintained in a clean condition at all times, and shall be of sound construction and of suitable size for the child.

There shall be a minimum of two feet of walk space left between occupied cots, cribs or playpens
(Day Care Centre Regulations 1999, Regulation 11 (1j)).

Children shall be directly supervised by clear lines of sight and within hearing when napping *(Child Care Standards 2018, Standard 6)*. **Rooms must have enough light to provide visibility to see all children clearly.**



What is an approved individual cot?

- Cots, nap mats, pack and plays or cribs; item specifically designated for sleeping.

What does this look like?

- Nap mats with a thickness of no less than $\frac{3}{4}$ inch.
- Mats must be non-absorbent (waterproof).
- Cots, nap mats, pack and plays, or cribs must be made of easily cleanable materials.
- Sleeping furnishing must be assigned and recommended to be labelled for the individual child.
- Bedding must be clean and in good repair, that is provided by the centre/provider or the parent.
- Sheets used for children under 12 months in their crib or pack and play must be fitted and appropriate for the size of the mattress.
- Infants must be placed on their backs to sleep on a firm surface made for infant sleeping.
- Cleaning of the cots, nap mats, pack and plays or cribs must be included on the cleaning schedule.

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