

Nap/Rest Time

Phase 1 & 2 – Toddlers and Pre-K



Procedures for Handling Nap/Rest Time

Whether caring for toddlers or pre-K children, there are some simple steps you can take to keep your students and yourself safe.

Please note that as an alternative to washing bedding daily, parents can send in five sets of sheets or towels in plastic bags and collect them at the end of the week, so long as the used items are kept separate from the clean ones and each child's items are separate from those of other children.

Follow these four simple steps to help minimize risk of exposure during nap/rest time periods:

1

6 Feet Apart

When possible, place mats/cots 6 feet apart to reduce exposure risk.

2

Head to Toe

Orient mats/cots so children sleep head-to-toe.

3

Individual Mats

Label mats and cots so the same child sleeps on the same items every day.

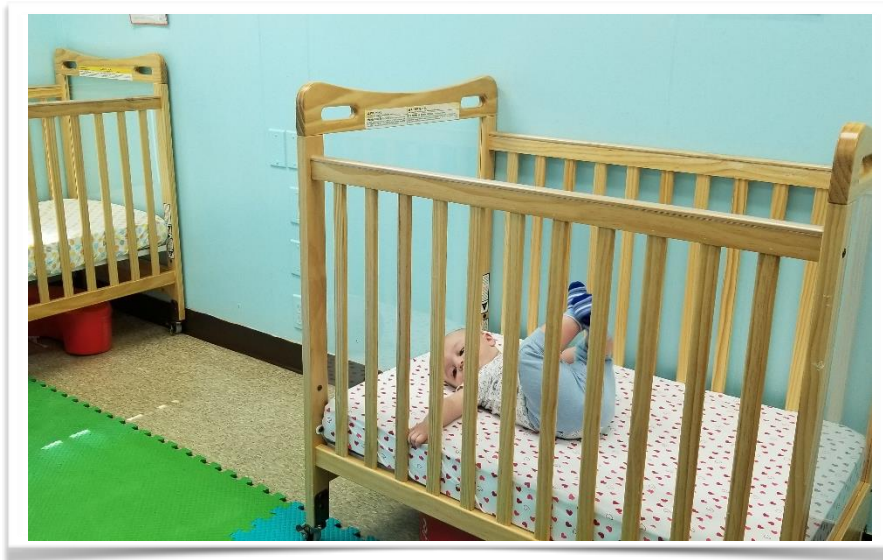
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Sanitize/Wash

Sanitize mats/cots after each use. Wash bedding daily. Wear gloves when handling.

Nap/Rest Time

Phase 1 & 2 – Infants



Procedures for Handling Nap/Rest Time

When taking care of infants, there are some simple steps you can take to keep your students and yourself safe.

Please note that as an alternative to washing bedding daily, parents can send in five sets of crib sheets in plastic bags and collect them at the end of the week, so long as the used items are kept separate from the clean ones and each baby's items are separate from those of other infants.

Follow these four simple steps to help minimize risk of exposure during nap/rest time periods:

1

6 Feet Apart

When possible, place cribs 6 feet apart to reduce exposure risk.

2

Head to Toe

Orient cribs so infants sleep head-to-toe, always laying them on their backs.

3

Individual Cribs

Label cribs so the same baby sleeps in the same crib each time they require rest.

4

Sanitize/Wash

Sanitize cribs after each use. Wash bedding daily. Wear gloves when handling.