

## Week 2

### SAFETY PRACTICES

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- Monday morning, distribute resource article. Staff are to read the article and by Friday submit to the director one main idea that stood out.
  - *“Preventing Injuries in Child Care”*
- On Monday distribute the *“Health and Safety Checklist”* to each staff member. This checklist, or one already in place, should be completed this week and continued on a monthly basis.
- Nap Time Safety Practices: If nylon ropes were not cut, measured, and marked at the staff meeting, staff should do so this week.

Each classroom should have a piece of nylon rope cut 36" in length and marked at 24". The practice of using the nylon rope to measure the distance between napping children should be implemented this week.

- Infant Rooms: At least 24 inches of open space from other napping children or furniture/equipment is required on three sides of nap equipment. A better practice is 36 inches of open space on three sides. The expectation is for all children to be separated in this manner to prevent the spread of germs during sleep as well as to ensure adequate space for access in case of an emergency. The ends of cribs are no longer accepted as solid barrier.

Teachers should use the rope to ensure that nap equipment is spaced appropriately. Safe sleeping habits for children in cribs should also be practiced. Some of these practices include placing children on their backs to sleep and making sure that blankets and toys are not in the crib with a sleeping child.

- Young Toddler- School-age Rooms: At least 24 inches of open space from other napping children or furniture/equipment is required on three sides of nap equipment. Best practice for cots and mats is 36 inches of open space on three sides. The expectation is for all children to be separated in this manner to prevent the spread of germs during sleep as well as to ensure adequate space for access in case of an emergency.

Teachers should use this rope to ensure that children sleeping on the floor are spaced appropriately.

- For children who do not sleep during nap time, create “Quiet Bins.” These bins can include quiet activities such as puzzles, books, math activities, dry erase boards, and memory games. There are great ideas of quiet bins at the following link:  
<http://pinterest.com/search/?q=quiet+bins>