

Supervision and Safety During Naptime

ARM 37.95.172 (1) *Caregivers must supervise children at all times.*

ARM 37.95.172(2) *The provider and all caregivers shall be responsible for direct care, protection, supervision, and guidance of children through active involvement or direct observation.*

ARM 37.95.703(3) *The provider, or an approved care-giver designated by the provider, shall be responsible for the direct care, protection, supervision, and guidance of the children through **active involvement** or **observation** in group and family day care facilities.*

These three regulations address supervision of children. The intent of these rules is for caregivers to be actively involved with the children or to directly supervise the children during active and rest periods. It is important for providers and caregivers to constantly be aware of the environment and look for areas where lack of supervision could occur. Some of these areas include play rooms, bathrooms and outdoor play areas.

Nap time is no exception to these rules. Children are put at risk if left unsupervised during nap time. Staff should remain in nap rooms with children that are mobile. Monitors should be utilized for napping infants and staff should regularly check on the infants. It is recommended that these checks occur every 10-15 minutes. Nap rooms should not be so dark as to prevent proper supervision and rescue in case of an emergency.

In addition, please note that ARM 37.95.1005 (5) states “*Cribs, cots or mats shall be spaced to allow for easy access to each child, adequate ventilation, and easy exit. Aisles between cribs or cots shall be kept free of obstructions while cribs or cots are occupied.*” No crib or cot shall block an exit door or egress window.

In the event that evacuation is necessary during nap time, it is important that nap rooms have proper means of egress. ARM 37.95.705 (5) states “*All rooms used for napping by children must have at least two means of escape, at least one of which shall be a door or a stairway providing a means of unobstructed travel to the outside of the building at street or ground level to the public way. The second means of escape may be a window which meets the egress requirements of 37.95.705 (2).*” This means that if a window is used as a second means of escape, the window opening must have an area of at least 5.7 square feet and the opening cannot be less than **24 inches** in height or less than **20 inches** in width.

If you have any questions, please contact your local licensor.

Submitted by Babby McCartney and Fern Sutherland