Sleeping Arrangements Permission Form

Home-Based Registered Early Childhood Educator | Waterloo, Ontario

Sleep & Rest Policies

1. Infants must nap in a crib or playpen that complies with the standards for cradles, cribs and playpens in the regulations made under the Canada Consumer Product Safety Act. Infants are placed for sleeping in a manner consistent with the recommendations set out in “Joint Safe Sleep: Preventing Sudden Infant Deaths in Canada.”
2. Each child 18 months old and up to and including five years old, in care for six hours or more, must nap in a cot, mat, or bed with individual bedding.
3. Each toddler or preschool child who receives child care for six hours or more in a day has a rest period not exceeding two hours in length.
4. A toddler, preschool or kindergarten child is permitted to sleep, rest or engage in quiet activities based on the child’s needs.
5. Children under the age of six are not allowed in the top bunk of a bunk bed.
6. Direct visual sleep checks are performed periodically and recorded observations are kept for parents to review.
7. Overnight care will require a caregiver to check the child before the caregiver retires to bed and then again in the morning until the child awakes.

Parent / Guardian Permission

I (Name of Parent/Guardian): _____

Give my permission for my child: _____

Date of Birth: _____

To nap/sleep at the caregiver’s in a:

☐ Crib ☐ Playpen (per manufacturer’s guidelines)

☐ Cot ☐ Bed ☐ Other: _____

I understand that rest time will not exceed two hours (for children of toddler or preschool age):

☐ Yes ☐ No ☐ N/A

Please note: Regular, frequent direct visual checks of the sleeping child are performed.

Other requests:

533 Buckingham Blvd, Waterloo, ON | 226-972-8999 | happyfeetchildcare.ca

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Certification & Signatures

☐ By checking this box electronically, I certify that the information I have provided in this document is true to the best of my knowledge and that I agree to the terms and conditions contained in this document.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

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