

RULE GUIDANCE

Naptime Ratios

GUIDANCE TOPIC

Under what circumstances can one staff member supervise a group of resting children?

LICENSE TYPE AND RULES

Certified Child Care Center (CC)

414-300-0130(2) The maximum number of children in a group and the ratio of caregivers to children specified in Table 3A of this rule shall apply, except that: (a) When all toddler, preschool and school-age children are at rest, the situation permits, and the room is arranged so all children are supervised, there may be one teacher or Aide II supervising the resting room. As children awaken and become active, additional staff shall be added to return ratios to those in Table 3A. Sufficient staff to meet the required ratio shall be in the facility and able to be summoned by the caregiver without leaving the resting room;

414-300-0290(1)(d) Include one or more regularly scheduled rest periods. Children who do not sleep after 20–45 minutes of quiet time must be provided with an alternative quiet activity. The activity may be in the same room where children are sleeping if it is not distracting to sleeping children.

DEFINITIONS

Active: They are vocal, interacting with other children and/or are engaged in activities. The children need staff support to direct their attention and keep them engaged and quiet.

At Rest: Children are still and quiet and laying on their mat/cot but not vocal. Children must be in the process of going to sleep, be asleep, or in the process of waking.

WHY THESE RULES ARE IN PLACE

To ensure staffing requirements are met when children begin to wake up.

HOW THIS MAY LOOK IN YOUR PROGRAM

When falling asleep: The required staff-to-child ratios must be met until all children are at rest (see definition above). They do not have to be fully asleep, however, must be in the process of going to sleep.

When waking: According to OAR 414-300-0130 (2)(a) As "children" infers more than one, relaxed ratios are over when two or more children are awake, restless, vocal, off their mat/cot, are sitting up, or are interacting with other children. Staff should be able to demonstrate that they will be in the building and readily available when needed, and how they will be summoned to meet the required staff/child ratio without the staff member in the classroom needing to leave the room.

For classrooms that are divided by furniture, one staff member (at least an Aide II) may supervise the two groups under the following conditions:

- 1) All children must be within sight and sound.
- 2) As soon as more than one child awakens on each side or more than two children are awake on one side, the spaces are considered two classrooms again. Each side must then meet the required staff-to-child ratio. However, if all children are at rest on one side, this group can still be at a relaxed ratio, with one staff member supervising that group.



ADDITIONAL INFORMATION

This rule never applies to classrooms with infants in attendance. Staff-to-child ratios must always be met when infants are present.

If not all toddlers rest at the same time, this rule does not apply. It may apply to older toddlers, but less likely to apply to young toddlers.

Nap/rest time is an approved large group activity; therefore, facilities can exceed group size requirements if the square footage requirement and other rules regarding sleep are met. One staff person (Aide II) could supervise a large group of children, assuming the staff person is within sight and sound of all children.

What this does NOT look like:

Only counting the children that are awake in staff-to-child ratios. For example, in a classroom of 7 older toddlers (staff/child ratio of 1:5) if 3 children were awake and active, while 4 children continued to sleep, 2 staff would be needed, even though only 3 children were awake.

Staff cannot force children to stay on their mat/cot for long periods. If a child does not rest after 20-45 minutes, they must be provided with an alternative quiet activity. This means the child is NO LONGER at rest and as soon as the second child is active, the classroom must meet the required staff-to-child ratios.

OCC LICENSING SPECIALIST MAY REVIEW

- Your attendance records during nap times or by onsite observation;
- That sufficient staff are on-site to ensure that staff-to-child ratios are met if children become active or if there is an emergency;
- Furniture placement and room arrangement don't obstruct the view of sleeping children.

OPTIONAL RESOURCES

As children become active, they can be moved to another classroom (ensure that attendance records reflects the change) as not to disturb resting children. The classroom with resting children can continue to be supervised by one staff person.

Oregon Administrative Rules, Oregon Department of Education, Early Learning Division, Chapter 414, Division 300 [Certified Child Care Centers](#).

You are entitled to language assistance services and other accommodations at no cost. If you need help in your language or other accommodations, please contact the Office of Child Care at 503-947-1400.

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