

CCEYA Clarification for Children's Rest Periods

Shared on behalf of our Program Advisors, London Region Child Care Quality Assurance & Licensing Branch, Early Years Division, Ministry of Education

CCEYA Clarification for Children's Rest Periods for programs that offer care to toddler, preschool and kindergarten children for six or more hours per day.

Requirement Clarification:

- It is not a requirement under the CCEYA or O. Reg. 137/15 that children must nap or sleep during the rest period. A rest period is a time during which children are sleeping, resting, or engaging in quiet activities.
- Children of toddler or preschool age who receive care for six hours or more must be permitted to engage in one or a combination of these activities according to their needs for a period of up to two hours.
- **Where written parental instructions indicate** that a child must sleep but the child does not sleep, staff may help the child relax but cannot make them sleep. Although licensees should ensure that an attempt is made to implement any parental written instructions, licensees must primarily ensure that the child's needs are being met.
- Children of kindergarten age must also be offered the opportunity to sleep, rest, or engage in quiet activities based on their needs.

Current Regulatory Requirement(s):

O. Reg. 137/15, ss. 47(2): Every licensee shall ensure that the program in each child care centre it operates is arranged so that, (a) each child in a licensed toddler or preschool group who receives child care for six hours or more in a day has a rest period not exceeding two hours in length; and (b) a child in a licensed toddler, preschool or kindergarten group is permitted to sleep, rest or engage in quiet activities based on the child's needs.