

Foundational Quality Standards for Early Learning Programs Covered in this Learning Session

WAC 110-300-0265 Sleep, rest, and equipment.

- (1) An early learning provider must offer a supervised daily rest period for children preschool age and younger who remain in care for more than six hours per day, or who show a need for rest.
- (2) An early learning provider must provide quiet activities for children who do not require rest. Quiet activities must be minimally disruptive to sleeping children.
- (3) An early learning provider must communicate a child's sleep needs and patterns with that child's parent or guardian.
- (4) An early learning provider must not place children directly on the floor to rest or sleep.
- (5) For children not using cribs or playpens, an early learning provider must provide developmentally appropriate mats, cots, or other sleep equipment made of water resistant material that can be cleaned and sanitized.
- (6) Mats, cots, and other sleep equipment used in an early learning program must be:
 - (a) In good condition, have no tears or holes, and have no repairs with tape;
 - (b) Cleaned, sanitized, and air dried at least once per week or more often as needed if used by only one child, or after each use if used by more than one child; and
 - (c) Stored so sleeping surfaces are not touching each other unless cleaned and sanitized after each use.
- (7) Floor mats designed for sleeping and mattresses must be at least one inch thick.
- (8) Floor mats must be spaced apart from other floor mats, cots, and mattresses to reduce germ exposure and allow early learning providers' access to each child during sleep time as follows:
 - (a) There must be at least eighteen inches on each side between each floor mat, cot, or mattress; and
 - (b) Floor mats, cots, and mattresses must be arranged so children are head to toe, or toe to toe.
- (9) Each child's bedding must:
 - (a) Have a clean sheet or blanket to cover the sleeping surface and a clean blanket for the child that is suitable given the child's size and room temperature;
 - (b) Be laundered weekly or more often if soiled, or laundered daily if used by more than one child; and

(c) Be stored separately from bedding used by another child, unless it is cleaned and sanitized after each use.

(10) An early learning provider must not allow children less than six years of age to use loft style beds or upper bunks of bunk beds.

WAC 110-300-0270 Overnight care.

(1) An early learning provider must be approved by the department to provide overnight care between nine o'clock at night and five o'clock in the morning when any enrolled child sleeps for three or more hours at the program.

(2) If approved by the department to provide overnight care, an early learning provider must supply every child an individual bed or other sleep equipment that:

- (a) Is safe and in good working condition;
- (b) Is made of moisture resistant material that can be cleaned and sanitized;
- (c) Meets the child's developmental needs; and
- (d) Is stored so sleeping surfaces are not touching each other unless cleaned and sanitized after each use.

(3) Each child's bedding must:

- (a) Have a clean sheet or blanket to cover the sleeping surface and a clean cover for the child except for infants;
- (b) Be laundered weekly or more often if soiled. Bedding must be laundered daily if used by different children; and
- (c) Be stored separately from bedding used by another child, unless it is cleaned and sanitized after each use.

(4) An early learning provider must:

- (a) Supervise children until they are asleep, except where children demonstrate the need for privacy to change clothes and can safely do so; and
- (b) Have department approval prior to using night latches, deadbolts, or security chains.

(5) An early learning provider who sleeps while children are in overnight care must:

- (a) Have written permission and documentation that parents are aware that the provider is sleeping while their children are in care and have read the facilities policies and procedures for overnight care;
- (b) Stay awake until all children are asleep or returning to sleep;
- (c) Remain on the same floor level as sleeping children at all times;
- (d) Sleep in the same room with infants and toddlers;
- (e) Be physically available and responsive, available to immediately respond to a child's needs;
- (f) Have alarms to alert them if a child should leave the room;

- (g) Have monitoring devices to assist in hearing and visibly checking on children in each room used for sleeping; and
- (h) Be awake for the arrival and departure of each child in overnight care.

(6) An early learning provider who accepts infants for overnight care must comply with all safe sleep rules pursuant to WAC [110-300-0291](#) for at least the first fifteen nights a new infant is enrolled in that program. A provider may sleep while the infant sleeps during overnight care if:

- (a) The provider continues to comply with WAC [110-300-0291](#) (1)(b), (c), (f), (g), (h), (i) and (2);
- (b) Once that provider has become familiar with the sleep routines and patterns of that infant; and
- (c) The provider has observed no apparent health or safety risks while the infant sleeps.