

## Sleeping Arrangements Permission Form

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 Act. Infant is placed for sleeping in a manner consistent with 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.

I (Name of Parent/Guardian) \_\_\_\_\_

Give my permission for my child: \_\_\_\_\_

Date of Birth \_\_\_\_\_

To nap/sleep at the caregiver's home as indicated below:

Crib

Playpen (Infant, 12 months or younger)

Cot

Bed      Other

I understand that rest time will not exceed two hours Yes  No  N/A   
(for children of toddler or preschool age)

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

Other requests:

Parent/Guardian Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature : \_\_\_\_\_

Caregiver's Signature \_\_\_\_\_ Date: \_\_\_\_\_