

Part XIV.

NIGHTTIME CARE

22 VAC 40-111-1020. Nighttime care.

A. For nighttime care during which a child sleeps more than two hours, the following is required:

- 1. A child shall have a rest area that meets the requirements of 22 VAC 40-111-510,**
- 2. An infant shall have an individual crib that meets the requirements of 22 VAC 40-111-520, and**
- 3. Linens shall be provided that meet the requirements in 22 VAC 40-111-530.**

Interpretation of § 1020 A: "Nighttime care" means care provided between 7 p.m. and 6 a.m.

B. For children in nighttime care, quiet activities and experiences shall be available immediately before bedtime.

Interpretation of § 1020 B: Activities and routines must meet the unique needs of children in nighttime care. These may include quiet activities such as homework, reading, puzzles, or board games; time for personal care routines and preparation for sleep, such as brushing teeth, washing hands and face, toileting, and changing clothes; and having an evening meal or snack as specified in § 870.

C. Providers shall establish a bedtime schedule for a child in consultation with the child's parent.

D. Separate sleeping and dressing areas shall be provided for children of the opposite sex over six years of age.

E. Each child shall have a toothbrush, and a comb or hair brush assigned for individual use.

Interpretation of § 1020 E: The provider may require the parents to furnish these items.

F. Each child nine months of age or older shall have flame-resistant or snug-fitting sleepwear.

Intent of § 1020 F: The Consumer Product Safety Commission reports that t-shirts and other loose-fitting clothing may catch fire more easily and burn rapidly causing serious burn injuries. Tags on the sleepwear will identify it as flame-resistant.

Interpretation of § 1020 F: The provider may require the parents to furnish and launder the sleepwear.

G. Bath towels and washcloths, when used, shall be assigned for individual use and laundered as needed, but at least weekly.

Interpretation of § 1020 G: The provider may require the parents to furnish and launder these items.

H. A child shall have a routine that encourages good personal hygiene practices including bathing (if needed) and teeth brushing.

I. Caregivers shall remain awake until all children are asleep and shall sleep on the same floor level as the children in care.

J. A baby monitor shall be used if the caregiver is not sleeping in the room with the child or in a room adjacent to the room where the child is sleeping.

Interpretation of § 1020 J: If a baby monitor is used, the caregiver must stay within the range of the monitor's receiver.