

OCFP Office of Child and Family Policy	Department of Children and Family Services	
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	Key Words: 89 Ill. Adm. Code 406, Licensing Standards for Day Care Homes, Sleeping Arrangements in Day Care Homes, Sofas, Love Seats	
	Approved by:	

Interpretation

Applicable To: Licensed Day Care Homes

Policy Citation: Section 406.22 Children Under 30 Months of Age

- d) Proper standards of hygiene shall be observed in the home.
 - 11) Sheets shall be changed when soiled, and all sheets shall be changed routinely two times per week.
 - 12) All beds shall be wiped clean as often as necessary.
- f) The equipment must be appropriate to the developmental needs of the child in care.
 - 1) Safe, sturdy, well-constructed individual cribs, playpens, or port-a-cribs for infants shall be equipped with good firm, fitting mattresses made of waterproof materials that can be washed. Washable cots may be used for children 15 months of age and over.
 - 2) Sleeping equipment for children under 15 months must have protection to prevent falls.
 - 4) Bed linens used on the cots, cribs, or playpens shall be safe, tightly fitting, and washable.

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Section 406.23 Night Care

- e) Bed, crib, or cot and individual linen and bedding shall be provided for each child except as herein provided:
 - 1) A double bed shall be the minimum size for sleeping two non-enuretic children of the same sex.
 - 2) Rubber sheets or suitable substitutes shall be supplied when necessary.
 - 3) If a crib is used there shall be no more than one-and-one-half inches of space between the mattress and bed frame when the mattress is pushed flush at one corner of the crib.
- j) When possible, children shall be left for care and picked up either before or after their normal sleeping period so that there is minimum disturbance of the child during sleep.

Question: Are children permitted to sleep on sofas or love-seats in day care homes?

Discussion: Subsections 406.22(d)(e) and (f) give guidelines for assuring the safety and cleanliness of appropriate sleeping arrangements for children who are being provided care during the day. The three primary areas of concern for sleeping arrangements are: cleanliness, safety and age appropriateness.

Infants (under 15 months) should be placed in appropriate sleeping equipment that will prevent falls. The equipment and bed linen shall be kept clean. Sleeping arrangements for children over the age of 15 months shall be clean, safe and allow for quiet time. Subsection 406.22(f)(4) indicates that bed linens used on cots, cribs, or playpens shall be safe, tightly fitting and washable.

89 Ill. Adm. Code 406, Licensing Standards for Day Care Homes does not indicate that sofas or love-seats cannot be used but, sofas and love-seats would have to meet to requirements cited above in order to be used as sleeping equipment. A sofa or love-seat would not be appropriate for an infant under 15 months of age that may fall from it while sleeping. All places where a child naps, should be comfortable and shall allow for quiet time.

Subsection 406.23(e) requires that a bed, crib, or cot and individual linen and bedding be provided for each child when providing night care. Sofas and love-seats would not be appropriate sleep equipment for children in night time care.

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Response: Children in day care settings may be allowed to nap on sofas or love-seats provided they meet the safety and cleaning requirements required by 89 Ill. Adm. Code 406, Licensing Standards for Day Care Homes.

Children in night time care may not be allowed to sleep for a full night on sofas or love-seats. Short naps (equivalent to an afternoon nap) in night time care would be acceptable.