

## Sleeping Equipment

Children need rest and sleep at regular intervals. Conditions conducive to sleep include a consistent caregiver and a routine quiet place.

- The facility may furnish the infant a single level crib, infant bed, bassinet, or play pen for napping.
- Cribs are often donated or purchased second hand. Ensure that all sleeping equipment meets these safety standards:
  - Slats are spaced no more than 2 3/8" apart. No slats are missing or cracked.
  - Mattress fits tight with spaces less than two fingers width between mattress and crib side.
  - Corner posts are no higher than 1/16" to prevent entanglement of clothing or other objects.
  - No cutouts in the head and footboards which allow head entrapment.
  - No drop-side cribs
  - All screws or bolts which secure components of crib are present and tight.
- Do not place cribs near draperies or blinds where a child could become entangled and strangle on cords.
- Water impervious mats or cots may be used for older children. They need to be cleaned and sanitized weekly or between use by different children.
- Change and launder bedding at least weekly and between each child.
- Place infants to sleep on their backs.



## Safety

Because children are curious and often test limits certain precautions should be taken to ensure that exploration does not lead to serious injury.

- The facility should be located in a room designed for children's occupancy, as opposed to a storage room or utility room.
- The facility should be maintained in a safe and sanitary condition, free of hazards, and in good repair. The furniture should be safe, stable, durable, child sized, and free from sharp, loose or pointed parts.
- The toys should be safe for the youngest child present. For example, if infants or toddlers are present, toys which present a choking hazard shall not be accessible.
- The entrance to the room or stairs should be gated or equipped with a door to prevent a child leaving the room or falling down stairs. Gates need a pressure bar or other fastener that will resist forces exerted by a child. Openings in a gate should be too small (less than 3.5") to entrap a child's head.

The Communicable Disease Outreach program staff offers consultations and STARS training to child care providers in Snohomish County. We encourage child care providers to take advantage of these services to improve the health and safety of children in their care.



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HEALTHIER SNOHOMISH COUNTY

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## Guidelines for On-Site Child Care

Exercise Facilities, Church Nurseries, Shopping Malls, and Similar Sites



**The Snohomish Health District recommends the following minimum standards for facilities offering on-site child care for children one month to five years of age while parents are in the building. To ensure the health and safety of the children, please endeavor to meet these minimum standards.**

**Group size staff-child ratios**

Supervision is the most important factor in maintaining a safe and healthy environment for young children.

If child is less than one month old it shall not be in group care.

If 12 or fewer children are present, the facility may combine children of different age groups, provided the facility maintains the ratio designated for the youngest child in the mixed group; and provides a separate care area when four or more infants are in care. In such cases, the maximum group size should be eight children.

Age of Child	Staff:Child Ratio	Max Group Size
1-11 months	1:4	8
12-29 months	1:7	14
30mo-5 years	1:10	20

**Staffing**

Maturity and judgement are essential to proper supervision.

- The staff or volunteer in charge should be 18 years of age or older.
- The staff or volunteer should have child development knowledge and experience.
- All staff should have background checks prior to working with children.

**Activity Program**

Children who are occupied are less likely to injure themselves or others. Activities to accommodate different ages of children should be available.

**Handwashing**

Handwashing by children and staff is the most important way to prevent the spread of communicable diseases.

- Handwashing sinks should be close enough to allow handwashing following diapering, coughing, sneezing, administering first aid, or before preparing or consuming snacks or food.
- Warm running water, soap, and single use towels should be available at all times.
- Water temperature should not exceed 120 °F.



**Cleaning and Sanitizing**

Children put toys and other objects in their mouths. These items can transmit communicable diseases. Certain items should be sanitized after each use and cleaned daily.

- For food utensils, tables, or mouthed toys, use 1/4 teaspoon bleach per quart of cool water.
- For diapering area, use 1 tablespoon bleach per quart of cool water.
- Wash laundry daily in hot water and dry in hot dryer.
- Vacuum and sweep daily.



**Sanitize after each use and clean daily:**

- Counters
- Mouthed toys
- Tables
- Isolation area
- Changing table
- Cribs

**Clean and sanitize daily:**

- Toilets
- Counters
- Sinks and faucets
- Other toys
- Kitchen floor
- Drinking fountain

**Clean and sanitize weekly:**

- Cubbies
- Walls
- Refrigerator
- Doorknobs

**Diapering**

Many serious diseases are spread through fecal contamination of objects in the environment and hands of caregivers and children. Proper sanitation can reduce the spread of these diseases.

- Diaper changing area must be separate from any type of food preparation and close to a handwashing sink.
- The surface should be impervious to moisture and washable.
- The surface should be sanitized between use for different children. Chlorine bleach solution (one tablespoon bleach to one quart water) or another approved sanitizer should be used.
- Staff must wash their hands after diapering the child or helping the child with toileting. Also wash the child's hands following diapering. For young infants, use a diaper wipe.
- The staff may wear disposable gloves, changed between each child. Gloves do not take place of handwashing.
- Diapers should be either disposed of properly or sent home with parent in a double-layered plastic bag. Place soiled diapers without rinsing into a separate, cleanable, covered container with a waterproof liner.
- Clothing soiled with fecal material should be placed in a double-layered plastic bag and sent home with the parent.
- The diaper changing procedure should be posted at the changing areas.
- Remove soiled diapers daily from the facility.
- Potty chairs, when in use, shall be located on washable, impervious surfaces; and must be sanitized after each use.