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**9. PROGRAM**

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**9.3. Daily Program Separation/Age Groups/Rest/Outdoor Play/Meals**

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**109-110. Checklist Reference**

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**LEGISLATIVE  
REFERENCES  
53(4), (5)**

- 53(4) Every operator of a day nursery shall ensure that the daily program in each day nursery operated by the operator is so arranged that,
- (a) infants not yet able to walk are separated from other children during active indoor and outdoor play periods;
  - (b) children under thirty months of age are separated from other children during active indoor and outdoor play periods, except in the case of handicapped children;
  - (c) Revoked: O. Reg. 50/91, s.1.
  - (d) each child over thirty months of age that is in attendance for six hours or more in a day plays outdoors for at least two hours each day, weather permitting, unless a physician, or parent of the child advises otherwise in writing.
- (5) Every operator shall ensure that the daily program in each day nursery operated by the operator and in each location where private-home day care is provided by the operator is so arranged that,
- (a) each child over eighteen months of age up to and including five years of age that is in attendance for six hours or more in a day has a rest period not exceeding two hours in length following the mid-day meal;
  - (b) each child under thirty months of age that is in attendance for six hours or more in a day is outdoors for sleep, or play or both for a period of up to two hours each day, weather permitting, unless a physician or parent of a child advises otherwise in writing;

**LEGISLATIVE  
REFERENCES****53(4), (5)  
(cont'd)**

- (c) a child under 44 months of age as of August 31 of the year and who is unable to sleep during the rest period is not kept in bed for longer than one hour and is permitted to engage in quiet activities; and
- (d) a child 44 months of age or over and up to and including 67 months of age as of August 31 of the year and who is unable to sleep during the rest period is permitted to engage in quiet activities.

**INTENT**

- 53(4) (a) (b) Small children are more likely to play constructively in relatively small groups.

They need physical separation from older and larger children engaged in active play.

Older children enjoy rigorous, fast moving games, which intimidate many small children. It is necessary for older children to have boisterous play unhampered by the need to monitor younger children.

- (d) Good play skills continue to develop as children attempt new activities. Activities usually pursued indoors may evolve differently in open space. Time outdoors must be sufficient for ideas to be elaborated and complex play to develop.

- 53(5) (a) The need for rest and sleep varies greatly at different ages, and even among children of the same age. This provision acknowledges that some children who are tired take a relatively long time to relax and sleep. Rest at the nursery should not be of such duration that normal sleep patterns at home are disrupted.

- (b) Children should be exposed to fresh air and sunlight and should experience the outdoor environment in order to learn about it. Toddlers are learning appropriate behaviours with regard to natural materials and outdoor equipment. Infants often use this time to sleep.

**INTENT**  
(cont'd)

- (c) As children grow, their requirement for sleep decreases. While not all children need a mid-day nap, young children benefit from periods of relaxation to balance their active play. A kindergarten schedule may include a “quiet time” for books, reading, and listening to stories, as well as comfortable areas of the playroom for quiet, solitary activities.
- (d) When children attend afternoon kindergarten they may have time only for a short rest period or quiet time after lunch. Children may be allowed to engage in quiet activities for the entire rest period.

**INDICATORS****Indicator Type:** Documentation

1. There is provision in the daily program for items 53(4)(a), (b) and (d) and 53(5)(a) to (d) above.
2. If the supervisor identifies a child as having been kept indoors, the written advice of the child's physician or parent is in the child's records.

**Indicator Type:** Physical Inspection

1. During active indoor and outdoor play periods, children are observed to be separated as required in section 53(4)(a) to (b) above.
2. Space is designated for the use of children who do not sleep.
3. Children under 44 months of age as of August 31 of the year who are unable to sleep during the rest period are not kept in their beds longer than one hour and observed to be engaged in quiet activities.
4. Children over 44 months of age as of August 31 of the year who are unable to sleep during the rest period are engaged in quiet activities.

**INDICATORS  
(cont'd)****Indicator Type:** Interview

1. The supervisor states whether or not any child is kept indoors.
2. The supervisor and a sample number of program staff report that children under 44 months of age unable to sleep do not remain in bed for longer than one hour.
3. The supervisor and a sample of program staff report that children over 44 months unable to sleep during the rest period are permitted to engage in quiet activities.