

.27 CHILD COMFORT AND WELFARE

A. The provider or substitute shall dress a child appropriately, both indoors and outdoors, for the temperature of the environment and the activity of the child.

INTENT: You must not allow a child to engage in an activity for which the child is not safely or comfortably dressed.

INSPECTION REPORT ITEM: "Appropriate clothing"

COMPLIANCE CRITERIA:

- Each child is dressed appropriately for program activities.
- No child exhibits signs of distress from extremes in temperature, such as shivering, displaying goose bumps, excessive sweating, or listlessness.

ASSESSMENT METHOD: If possible, observation of how the children are dressed during activities.

Note: It is the responsibility of the parents to make sure their children have proper clothing. You are not required to furnish clothing items to children in care, although you may do so if you wish. However, it is your responsibility to ensure the health, safety, and welfare of each child at all times while the child is in care. This includes ensuring the child's physical comfort with respect to temperature and activity. If a child appears at the program without proper or adequate clothing, you should:

- Arrange some alternate activity until the child has obtained the proper clothing,
- Discuss the matter of proper clothing with the child's parent at the earliest opportunity, and
- Consider specifying clothing responsibilities in the written agreement with the parent that is required by Regulation .41C (see corresponding [Section .41C](#) of this Manual).

B. The provider or substitute shall provide adequate time for meals and snacks.

INTENT: Each child needs enough time to eat at a pace that is comfortable for the child.

INSPECTION REPORT ITEM: "Adequate time for meals/snacks"

COMPLIANCE CRITERIA: Each child is allowed to finish meals and snacks at a comfortable pace.

ASSESSMENT METHOD: If possible, observation to determine if any child appears rushed or uncomfortable.

C. The provider or substitute shall provide a child periods of rest appropriate to the age and activities of the child.

INTENT: For proper development and growth, children must be given regular, adequate rest periods.

INSPECTION REPORT ITEM: "Age-appropriate rest"

COMPLIANCE CRITERIA: Each child is provided with appropriate rest periods.

ASSESSMENT METHOD: Observation of rest periods. If observation is not possible, discussion to determine the program's rest schedules.

Note: There is no requirement that children must rest or nap for a specific length of time. The length of time that children nap or rest must be appropriate to their individual needs. However, based on general developmental characteristics, you may wish to use the following suggested nap/rest timeframes for planning your daily program.

- 0 – 2 years old - Morning and afternoon naps for 1 to 3 hours
- 2 – 4 years old - Afternoon nap for 1½ – 3 hours
- 5 – 6 years old - Afternoon rest – quiet activities for 30 minutes to one hour

D. If children are transported in a vehicle while in care, the provider or substitute shall:

- (1) Have prior written permission from each child's parent to transport the child; and**
- (2) Ensure that:**
 - (a) Each child is separately secured in a child car seat or seat belt, and**

(b) Each child car seat or seat belt is appropriate for the age and weight of the child using it, as specified by Maryland law.

INTENT: You may not transport children in a vehicle without prior written parental permission, and each child transported must be in a car seat or seat belt that is appropriate for the child's age and weight, as specified by Maryland law.

INSPECTION REPORT ITEM: "Permission to transport"
"Separate/appropriate car seat/belts"

COMPLIANCE CRITERIA:

- You have written permission from the child's parent to transport (see [Notes](#) below).
- The vehicle used to transport children must be equipped with seat belts and age-appropriate car seats, as required by Maryland law (see [Notes](#) below).

ASSESSMENT METHOD:

- Review of child files to determine whether written permissions are present.
- Observation of the vehicle(s) used for transportation to ensure that seat belts and safety seats are present as required.

Notes:

- See the sample "[Field Trip Permission Slips](#)."
- When transporting a child by private vehicle, you must comply with the following requirements of Maryland's Transportation Article, §22-412.2:
 - The child must be secured in a child safety seat if the child:
 - ◊ Is younger than 6 years old, regardless of the child's weight; or
 - ◊ Weighs less than 40 pounds, regardless of the child's age.
 - If the child is younger than 16 years old and weighs more than 40 pounds, he or she must be secured in a child safety seat or seat belt.
 - Child safety seats must be installed in accordance with the seat manufacturer's instructions.
 - The child is considered "secured" only if the safety seat or seat belt is used in accordance with the instructions of the safety seat manufacturer or the vehicle manufacturer.
 - A safety seat or seat belt may not be used to secure more than one child at a time.
- It is recommended that you do not purchase child safety seats at yard sales, garage sales, flea markets, etc., because you will probably have no way of determining if the seats function properly, or have been damaged in some way that would make them unsafe for use.
- For information about choosing and using child safety seats, refer to "[Vehicle Safety Seats](#)" and "[Safety Seat Checklist](#)."