

## **The Right of the Child to a Strategic Nap**

Contribution to:

Call for comments on the draft general comment on children's rights and the environment with a special focus on climate change

ISSUED BY

Committee on the Rights of the Child

DEADLINE

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"The right to rest, play, leisure, recreation and cultural and artistic activities (art. 31)"

Paragraph "6. Conversely, unsafe and hazardous environments undermine the realization of the rights under article 31(1) of the Convention, and are risk factors for children's health, development and safety. Children, particularly those living in poverty and in urban settings, need inclusive spaces to play that are close to their homes and free from environmental hazards. The impacts of climate change exacerbate these challenges, while climate-related stress on households and family incomes may reduce children's time available for rest, leisure, recreation and play".

### **Contribution**

The Right of the Child to a Strategic Nap

There is a nexus between climate change, conflict and child security.

Conflict and wars exacerbate climate change related hazards, which have an impact on child security.

Vice versa, climate change related hazards also exacerbate conflicts and wars, which, simultaneously, have an impact on child happiness and well-being.

They influence the child's emotional, physical and social development.

Bombs force children (and their parents) to find shelter in subways. Subsequent sleep deprivation regulates the child's future development.

Child mental and physical health, as well as his and her fitness are at risk. A healthy sleep depends not only on its duration, but also on its timing and continuity (sleep-wake patterns and sleep routines). Sleep environment, sleep routines and sleep schedules are intertwined. Periods of insufficient sleep must be replaced over 24 hours. Sleep, emotional, physical (brain functions, cognition, immune system, etc.) and social adaptation problems may arise.

It is here that the right to a strategic nap - that is the right to a restorative short sleep in a healthy environment without climate hazards (earthquakes, floods, hurricanes, etc.) or ambient noise (eg. bombs) - becomes a right for the child and a duty for adults.

All children in peaceful and environmental healthy settings have the right to a strategic nap.

States should introduce legislation, regulations and guidelines, together with the necessary budgetary allocation and effective monitoring and enforcement mechanisms, to ensure that third parties comply with article 31 of the Convention, including by establishing safe places for a strategic nap.