



Sleeping Children Policy

Education [Early Childhood Services] Regulations 2008 (and its Amendments):

Regulation 45 and 46

Licensing Criteria for Early Childhood Education and Care Centres 2008:

Criterion PF29 to 38, HS9 to 11

Rationale

All children who attend the preschool will have the opportunity for undisturbed rest if required in a safe and well monitored environment.

Purpose

To ensure all children are provided adequate bedding and sleep space if and when they choose in a separate area away from children who are not sleeping or resting.

Policy

At Pelorus Community Preschool we believe children have the right to a calm, peaceful and relaxing environment to sleep or rest in when they need it. We will provide a separate sleep room for infants, toddlers and young children wishing to rest or sleep. This sleep room will be kept ventilated and monitored throughout the day when children are resting or sleeping. The sleep room will be kept clean and tidy and will only house cots, stretchers, and bedding – it will not be a storage space.

Procedure

- Safe and suitable cots for infants and individual stretcher beds for toddlers and young children will be available every day.
- Whanau will inform staff of the sleeping requirements for their child at the time of enrolment and also any day they may require a one off sleep.
- Each child will have their own bed linen supplied by the preschool it will be washed at preschool on a regular basis – this will be recorded on the bedding cleaning chart.
- Beds will be placed, arranged and stored to ensure hygienic, safe and adequate means of access.
- The sleep room will be visible from the window in the Pipi room and also the door to the pipi room.
- Staff will monitor sleeping children by going into the sleep room to check that children are sleeping safely and covered. They will do this in 10 minute intervals for toddlers and young children and 5 minute intervals for infants under 1 – this will be recorded on the sleep chart which whanau can access at all times.
- Toddlers and young children will not have any food or liquid while they are in the sleep room. Infants may be given their bottle by their whanau teacher in the sleep room before they are put into bed.

- The sleep room will have adequate ventilation and heating by opening the window, using the heat pump and also having the sleep room door open once all children are asleep
- Children will not be restrained while they are sleeping, but will be able to be loosely wrapped. Individual settling techniques may be developed by whanau teachers with whanau consultation.
- Infants will be placed on their backs to sleep in a cot. No infant will be put to bed on their stomach.
- All cot mattresses and stretchers will be wiped clean with pro-foam and aired out at the end of every week.
- Once children are taken into the sleep room after lunch the Pipi room will be closed for 'play' and all children will have access to the Paua room play areas.

Policy in Action

If this policy is being effectively implemented the following should be happening:

- There will be a sleep chart being monitored at 10 minute intervals.
- Children and their whanau are happy with the sleep routines