



SLEEPING POLICY

RATIONALE:

We, at Akoranga Preschool, recognise that each child is unique and comes to us with their own sleeping routines. Teachers will endeavour to follow individual children's rhythms and routines in a relaxed environment.

TE WHĀRIKI:

Well-being – Goal 1. Children experience an environment where their health is promoted.

PURPOSE:

To ensure that children have a safe sleeping/resting place to sleep which promotes their comfort, safety and wellbeing.

PROCEDURES / GUIDELINES:

- All children are provided with their own individual bed and clean linen fortnightly, either from home or from the Centre
- Beds are aired regularly and children's own bed linen sent home on a fortnightly basis. All stretchers are sprayed and wiped weekly.
- Centre linen is washed each fortnight or as required
- Sleep space is positive and peaceful to ensure undisturbed rest/sleep
- Adequate space is provided for children's beds to ensure safety and hygiene
- There is a teacher present to carry out 5-minute checks for under 2 years old and 10-minute check for over 2 year olds of all sleeping/resting children documenting times on a sleep chart
- When there are four or more children in the sleep room, there is a teacher present in the sleep room at all times, carrying out the checks. A teacher will remain in the sleep room to support children going to sleep to ensure a calm sleep rhythm is felt.
- No bottles or food will be given in beds/cots
- Teachers are guided by children's individual rhythms and routines and are relaxed and unhurried
- Parents are encouraged to bring special sleeping cuddlies/toys for their child for bed time

- For reasons of cultural sensitivity, children are encouraged not to stand on mattresses, step over sleeping children and, children sleeping near each other are head to head, rather than head to feet.
- For the same reasons as children, staff will not step over sleeping children or their mattress.
- If a child has been resting for 30 minutes and hasn't slept, they will get up and try later in the day.
- If children are sleeping outdoors, they will be kept suitably warm and will be checked every 5-10 minutes as per sleep procedure.
- All times are documented, such as put down time, sleep time and awake time as well as checking for warmth and wellbeing. A record of times for sleeping children outside of the sleep room will be recorded on a sleep chart.
- Children in beds will be visually checked to ensure that they are breathing comfortably and are warm and settled.

CONSULTATION:

- Who? Families/whanau
- How? Written and discussion
- When?

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