



SLEEPING CHILDREN POLICY

RATIONALE

Children require the opportunity for rest/sleep during their daily routine to maintain their physical and emotional well being in accordance with Te Whariki. Under two and two year olds have different requirements. This policy recognises this and provides guidelines for appropriate bedding and Centre Practices under recommendations of Ministry of Education ECE health and safety and premises and facilities sleep legislation and Australian/New Zealand Standard 2172:2003.

PURPOSE

- To provide appropriate, hygienic and safe sleeping facilities for all children for undisturbed rest.
- To ensure that sleeping and resting children are monitored at regular intervals to ensure their safety.

GUIDELINES

1. The Centre will provide a regular rest time for all children in a designated rest area. Any child at the Centre outside of the scheduled rest period will still have access to sleeping facilities if that child requires it.
2. The Centre will maintain the required adult: child ratios while children are sleeping. If the situation permits under twos staff may stay in the sleeping room when three or more children are sleeping.
3. Individually identified bedding items will be allocated to each child by way of a symbol/name system.
4. Sleeping children will remain within audio and visual range of a staff member at all times.
5. Sleeping children will be checked at least every 10 minutes for warmth, breathing and general well being. An accurate record of these checks will be kept. If teachers are in the sleep room this will be recorded instead of 10 minute checks.
6. A record will be kept to communicate to parents if their child has slept or rested.
7. The Centre will ensure that no child will rest or sleep with food, drink or any other object that may compromise the safety or hygiene of the children.
8. Under two year olds bedding will consist of individually allocated cots in line with Australian/New Zealand Standard 2172:2003. Over two year olds beds are to be stored safely in the little room /ruma iti when not in use. All bedding will be inspected on a weekly basis to endure its safety.
9. All sheets will be washed on a weekly basis and more often if needed.
10. Teachers will liaise with parent/whanau/caregivers about the sleep patterns of individual children. On a monthly basis to discuss changes or preferences in sleeping requirements. When a child shows signs of weaning themselves from sleeping the staff will have a discussion with the parents. In consultation with parents it may be agreed to either stop sleeps or reduce to two or three days per week.
11. Under two year olds will begin transitioning to a bed at approximately 22½ months if not before.
12. In the event the child is not showing signs of going to sleep within a 30 minute period they will return to play.
13. Non-sleeping children will be kept in other areas during rest time in order to minimise disturbance to resting and sleeping children.

National Standard AS/NZS 2172

LAST REVIEWED: June 2014

DATE PASSED: June 2016

MANAGEMENT COMMITTEE