

Sleeping Policy

Purpose:

To ensure the physical well-being of children within the Centre.

Rationale:

The staff will, in collaboration with parents, promote sleeping patterns appropriate for individual children. Sleepers' rooms and quiet areas are provided to allow children to sleep during the day.

Policy:

1. Each child must be given the opportunity to sleep if s/he requires it, with due consideration of parental wishes.
2. Children do not have access to food or liquids while in bed. They may be given a bottle while sitting on a chair or up right on a teachers lap.
3. Each child has a named cot, bed or mattress with clean sheets each week. Sheets will be changed more often if necessary. Sometimes depends on numbers, children will share a bed, however every child will have their own sheet set.
4. Beds, cots and mattresses are disinfected weekly.
5. A staff member will remain with children as they go off to sleep. If there are a large number of children asleep then a staff member may be required to stay in the room.
6. Children are supervised in the cot and sleepers rooms. Under 2's also use a baby monitor. Any children left unattended while sleeping in the sleep room will be checked on regularly, at least every 10 minutes. These checks will be recorded in the sleepers books or chart on both the under and over 2's.
7. Special cuddlies and toys may be brought from home for sleep times.
8. If children fall asleep in the Centre outside of the sleep rooms they should be kept safe and warm and be carefully supervised.
9. A record is kept of children's sleep and rest times. Parents are able to refer to these at any time and any parental instructions or comments re sleeping can be recorded in child's notebook (under 2's), information is also recorded in the sleepers chart (over 2's).
10. A teacher will accompany parents/whanau into the sleep room when their child is woken for collection when other children are still asleep or waking.
11. We will do our best to follow parental requests, however our first priority will be with the babies/child's well-being.

Hand in Hand Learning and Growing

12. We advocate for our babies/toddlers to have at least 90 minutes sleep as research shows this to be of most benefit for development.

Links:

Bicultural Policy

Revised: August 2016

Review and Updated: May 2018

Reviewed July 2019

Chairperson: