



Sleep Policy

Rationale

The comfort, safety and wellbeing of all children while sleeping are of prime consideration.

Purpose

- To ensure there is a system in place for monitoring sleeping children.
- To ensure parents approve of the system for monitoring sleeping children.
- To ensure the comfort, safety and wellbeing of children while sleeping.
- To comply with Education (Early Childhood Services) Regulations 2008.

Guidelines

Spaces and Facilities

Cots or stretchers will be placed so there is adequate space between children to ensure their safety, hygiene and means of access is maintained at all times.

Staff will take all reasonable steps to ensure that play and/ or distracting activities in locations or areas (by other children, staff or other adults) adjacent to the designated sleep area will be kept to a minimum during the time when children are sleeping or resting.

Cots or stretchers purchased and used will meet the following criteria; will allow the child to lie down and stretch out to their full length without exceeding both ends, and will have a surface made of a fabric and materials that is impervious to water and can be cleaned by wiping with bleach solutions so it can be kept in a sanitary and good condition.

Children aged 0–18 months will have a separate sleep room undisturbed by play.

Routines

Infants are on their own individual routines. Their sleep requirements will be accommodated at all times. All sleep times are recorded on a chart, which is available for parents to view each day.

Children over two years will sleep after lunch if required by their routine. Parents have the option of whether their child sleeps or not. Children are encouraged to fit their sleep patterns into this schedule, however if the child needs a sleep at an earlier or later time we will accommodate this as best we can. Quiet time is offered to non-sleepers.

Children will not be given bottles or food while they are in their cot or on a stretcher.

Supervision

Children will always be monitored while sleeping. Where there are at least four children sleeping, or where adult to child ratios can still be maintained outside the sleep room, there will be at least one staff member present in the main sleep room if possible. Where it is not possible to have a staff member present in the sleep room children will be checked regularly. Adult to child ratios must be maintained at all times and staff must be on duty to count as part of these ratios.

The staff member located in the sleep room or sleep area may leave the room when getting children up from their sleep to change their nappies and dress them.

If a child is known to be unwell, particularly with breathing problems, or they have a history of cot death in the family, staff will be informed of the circumstances, enabling them to take extra precautions. These precautions may include checking the child more frequently, or staying with the child in the room. Parents may provide a breathing monitor if they wish.

The staff member present in the sleep room or sleep area will be able to view all children. Staff will regularly check and record the children are breathing and not too hot every 5–10 minutes. Sleep records are available for parents to check each day. Parents will notify the Centre of any requirements regarding the child's sleep patterns, and these routines will be followed where possible. A staff member may sit with the children for comfort.

When there is only one staff member in the sleep room that staff member will always be visible to other staff as per the Child Abuse Protection Policy. The blinds to the sleep room will be left slightly open (if there are any).

Bedding Allocation

Children will either sleep in a cot, or on a stretcher on the floor, depending on the child's age, and their sleeping arrangements at home. Children will generally move to a stretcher when they are walking. This is done in consultation with parents before the transition is made.

Children use the same individual cot or bed and bedding each day and their bedding is washed after one week.

Clothing and Jewellery

All jewellery (including teething necklaces, greenstones, etc.) worn by children will be left on while sleeping unless specified by parents.

Clothing, bags or other objects will not be left in or draped over the side of the cot while children are sleeping.

Parent Authorisation

Parents are required to read and approve the Sleep Policy upon enrolment.