

Supervision of Children Sleeping

Purpose

The sleep monitoring procedure is designed to take reasonable steps to ensure the safety and wellbeing of children when sleeping at the centre through regular monitoring. It ensures that children get undisturbed rest in a secure and familiar environment. Information on a child's sleep is recorded and is available for all staff to communicate with the child's parents.

- ✦ When children are sleeping or resting, children will be located in an area which for that time will be designated as a sleeping/ resting area.
- ✦ Children over two years of age are given the opportunity to sleep between 11.30am and 2.00pm.
- ✦ Staff must monitor sleeping children at all times. For all children a staff member will remain in the room with them.
- ✦ All children's sleep times are recorded so that parents can check this at the end of the day
- ✦ Children under 2 years of age are given the opportunity for undisturbed sleep throughout the day. When they start at the centre staff will discuss with the parents their child's sleep patterns at home to enable us to establish a routine for their child while at the centre.
- ✦ All children will be placed on their side or back when being put into their beds.
- ✦ Staff members will monitor sleeping children every ten minutes by entering the room and checking each child.
- ✦ Each child's face will be checked visually to ensure that they are breathing comfortably, without restriction and are settled.
- ✦ Records of 10 minute sleep checks are kept daily.
- ✦ All children are provided with individual beds and bedding. Bedding is laundered weekly (or when wet or soiled). All beds are sanitised daily.
- ✦ Children's linen will be stored individually in separate named bags.
- ✦ It is the responsibility of the staff member supervising the sleeping children to record the length of sleep of each child.
- ✦ A window is open to create air circulation. If required, fans and heaters are used to keep the room temperature comfortable.
- ✦ Parents may request that a child cease having a daytime sleep. Staff in consultation with parents can gradually reduce the sleeping time of a child if appropriate.
- ✦ All children rising from rest/sleep with wet clothes and or nappies will be changed

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immediately.

- ⊕ No liquid is ever available in the sleeping spaces; no child will be put to bed with a bottle.

Early Childhood Regulations 2008 46 C-HS23, 9

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