

Sleep Policy/procedure

criteria HS9

Rationale: We recognise that each child is unique and comes to us with their own sleeping routine. Therefore, kaiako will endeavour to follow individual children's rhythms and routines in a relaxed and familiar environment.

TE WHĀRIKI Well-being - Goal 1: Children experience an environment where their health is promoted.

PROCEDURES

- All tamariki are provided with their own individual sleeping space and bed linen. Their bed linen is washed and disinfected weekly or as necessary. Each bed is sprayed with a suitable disinfectant (0.1 %) after every use. Bed linen is stored separately within a named bag for each child who sleeps.
- To ease your child into sleeping at the centre, it is beneficial for all if they are able to fall asleep on their own without being held or rocked. However, kaiako will ensure children fall asleep in a peaceful way.
- Adequate sleeping space and ventilation is provided for children's safety and hygiene.
- There is a kaiako present in the sleep space until all children have fallen asleep and **records of sleeps** are maintained.
- Kaiako are guided by children's individual rhythms and routines and are relaxed and unhurried.
- Parents/caregivers are encouraged to bring in any special sleeping cuddlies/toys their child may have.
- Tamariki will have no access to foods or liquids while in bed
- Tamariki will be checked every 5-10 mins for warmth, breathing and general well-being or more often depending on individual child's needs and this will be recorded
- For reasons of cultural sensitivity tamariki are encouraged not to stand on beds and children sleeping near each other are positioned head to head rather than head to feet.
- adults will have access to at least one side – length of bed/cot

- sufficient air movement around each child to minimise the risk of spreading illness
- children are able to sit or stand safely as they awaken

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