

2:12 MONITORING SLEEPING CHILDREN POLICY

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RATIONALE

Let's Grow Early Learning Centre recognises that the safety and well-being of children must be maintained while they are resting or sleeping.

PROCEDURE

There is a room available (separate to any activity space) to support the provision of restful sleep for all children at any time they are attending.

A teacher will stay with the children until they are close to sleep or sleeping, once children are asleep, they are individually and physically checked every five to ten minutes; infants room to check every five minutes.

- Visually to ensure they are breathing comfortably, without restriction, and are settled.
- For warmth and general well being.
- To ensure they are still sleeping and to ensure that waking children are not disturbing others who are still asleep.
- To ensure there is sufficient air ventilation in the room.

In accordance with government regulations, children will not be given bottles or any other food or drink in their beds.

Bedding will be stored hygienically and off the floor.

An electronic sleep monitoring device may also be used when appropriate.

A safe and effective heater will ensure the minimum room temperature is 16 degrees in all sleep rooms. Maximum temperature in babies sleeproom is 20 degrees and in toddlers is 22 degrees.

A schedule for recording children's sleep is filled in daily and kept available for parents to view.

The schedule includes the times a child goes to sleep, wakes up and the regular sleep check times with the initials of the person responsible for each check.

There is a sleep record beside the sleep room where the check-times are recorded and signed by the checking teacher. The staff member will ensure there is an accurate list of children present in the sleep room and that the time they go to sleep and wake up is recorded. This record is available for parents to view daily.

