

TANGAROA ROOM SLEEP POLICY

Created: December 2017

RATIONALE

To ensure that our children's emotional and physical wellbeing is supported with adequate rest and sleep.

PROCEDURE

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

After lunch all children will lay down on their mat with a blanket. Children who's parents would prefer if they did not sleep (non-sleepers) will be in a designated area separate to the sleepers with a book to read and will have a rest.

'Non-sleepers' will rest for approximately 30 minutes. If a child falls asleep whilst resting this indicates to us that the child is tired and needs a sleep.

All children that are asleep will be left to sleep as long as they require.

Teachers will stay with the children until they are sleeping, once children are asleep they are individually and physically checked 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.

Toileting is commenced prior to children sleeping, however if a child does wake wet 3 times in one week, they will be required to wear a pull-up at sleep time for one month.

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.

