

POLYKIDS CHILD SLEEP POLICY

October 2023

CONTACT AUTHORITY: Manager Polykids Childcare Centre

RATIONALE: To support children's learning and development. To promote an environment where children's health, both emotional and physical is nurtured.

NATIONAL GUIDELINES:

Te Whariki

Wellbeing: Mana atua Learning outcome: Managing themselves and expressing their feelings and needs

Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38

NELP :Objective 1: Learners *at the Centre -Priority 1 Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying*

PROCEDURES: Applicable to all

- The teacher who is assigned to sleepers will ensure that the sleeping children are checked every 5 minutes for warmth, breathing, and general wellbeing.
- The Daily Sleep Chart is initialled in each 5-minute block by a Polykids Staff member.
- Sleep room temperatures will be monitored to assure that they are at (or exceed) Ministry of Education regulations. Current regulated temperature for indoor play environment is 18 degrees.
- Parents may provide special sleeping toys for their child.
- As children wake, teachers ensure that they are adequately dressed for play and the climate.
- Adequate space is provided for children's beds and cots to ensure safety and hygiene.
- Adults have clear access to stretchers and cots. Cots and stretchers are not to block fire exits.
- Linen is laundered weekly or more often if required. If linen is wet or soiled or a child is unwell, then linen is laundered immediately and the stretcher/mattress disinfected, or if the child has a cold or cough, then the linen is laundered, and the mattress/stretcher is disinfected when the child wakes. Mattress/stretchers are regularly disinfected with suitable cleaning solution and dried.
- In accordance with regulations, children do not have access to food or liquids while in bed.
- Necklaces and Pounamu are removed and stored safely during sleep time this is to eliminate the risk of strangulation.
- The use of settling comforters and pacifiers is encouraged for sleep and settling- we do not encourage children to walk around or participate in physical activities while pacifiers are in children's mouths.
Note This is to eliminate damage to mouth and teeth if a child has a fall.
- Children will not be left in prams to sleep but will be transferred into a cot (prams are used only for transportation of a child)
- If a child is still sleeping when it time for them to go home, the teacher rouses the child quietly and prepares them to go home before the parents arrive to pick him/ her up. Alternatively, teachers can check with the parents to see if they would like their child woken and ready to go home.
- For reasons of cultural sensitivity, children on stretchers are positioned head-to-head rather than head to feet if sleeping alongside each other.

Fever- Temperatures and Sleep: Children with temperatures of 37.7°C and above they will not be placed in the sleep rooms to rest or sleep, instead whānau will be given the option to have their child stay up and monitored or come and collect their child so that they can be rested in the home environment. When temperatures elevate to 38°C or above the **Process for whānau contact** will commence. ***Please see the Child Health Policy***

Due to the different developmental and physical requirement of each of the different age groups, both Manawa and Whetu have differing procedures for children who rest and sleep- please familiarise yourself with the procedures for the different environments.

Review Date: October 2025

This Policy has had full consultation with parents

October 2023	Manawa: Child Sleep Procedure Over 2 Age Group
Contact Authority	Manager: Polykids Childcare Centre
Rationale	To support children’s learning and development. To promote an environment where children’s health, both emotional and physical is nurtured.
National Guidelines	<p>Te Whariki</p> <p>Wellbeing: Mana atua</p> <p>Learning outcome: Managing themselves and expressing their feelings and needs</p> <p>Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38;</p> <p>NELP :Objective 1Learners at the Centre -Priority 1 <i>Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying</i></p>
Procedures:	<ul style="list-style-type: none"> • A supervised sleep or rest period is provided after the lunch time routine. Commencing at 12 noon and finishing at the latest by 1:30pm • The minimum amount of sleep for a child (age 2 - 4.5 years) is 45 minutes prior to being woken. This is based on research and theory around circadian rhythm and REM sleep cycles - please see teachers for readings. • Children have nappies checked and/or change prior to going to bed and outer clothing is removed, this includes socks and hair ties as these can be a choking risk. • Sleep sacks are only permitted while children are in cots- on stretchers they become a tripping and mobility hazard. • Teachers must maintain sleep records of children. All children in the sleep rooms will be recorded on the Daily Sleep Chart. Their resting or sleeping patterns will be recorded according to their, resting periods, sleeping periods and the time they woke or exited the rooms. • A teacher will remain in the sleep room with the older children until they are all asleep. • Children who sleep after lunch have their own individual linen and sleeping space. • Linen is laundered weekly on Tuesday. • Each child’s bedding is stored in a Kete between uses and is only used for that child. • Room temperature is recorded when first child goes into the sleep room and again when the last child gets up. • Sleep spaces are positive and peaceful. Quiet relaxation music or white noise may be played to settle children to sleep. • When children are scheduled for a routine nap but show a constant pattern of alertness, no interest in sleep or requesting to get up- we will provide a quiet activity alongside peer group/ This will be done in consultation with whānau.
Review Date	October 2025

October 2023	Whetu: Child Sleep Procedure Under 2 Age Group
Contact Authority	Manager: Polykids Childcare Centre
Rationale	To support children's learning and development. To promote an environment where children's health, both emotional and physical is nurtured.
National Guidelines	Te Whariki Wellbeing: Mana atua Learning outcome: Managing themselves and expressing their feelings and needs. Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38. NELP: Objective 1 <i>Learners at the Centre -Priority 1 Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying</i>
Procedures:	<ul style="list-style-type: none"> • Teachers must maintain sleep records of children. • All children in the sleep rooms will be recorded on the Daily Sleep Chart. This shows periods of resting, sleeping and the time the child woke. • Their resting and/or sleeping patterns and will be recorded according to their entry into the rooms, resting periods, sleeping periods and the time they woke or exited the rooms. • Room temperature is recorded on the sleep chart daily. These are recorded at three separate intervals of the day. • The use of sleep swaddles and sleep toys are permitted. Sleep sacks are only permitted while children are in cots- on stretchers they become a tripping and mobility hazard. These items need to be laundered weekly and is the responsibility of parents. • Sheets are provided by Polykids and laundered weekly. • Infants and toddlers are able to sleep at any time during the day while in the whetu area. • If children have a bottle prior to sleep, they will have this in the play area while being supervised by a teacher. • White noise is played in each sleep room. <p>Children have nappies checked and or change prior to going to bed and outer clothing is removed, this includes socks, Hair ties as these can be a choking risk.</p>
Review Date	October 2025