

## SLEEP POLICY

**Rationale:** We recognise that each child is an individual and comes to us with their own sleep routine. Teachers will endeavour to follow individual tamariki's rhythms and routines in a relaxed and familiar environment.

**Purpose:** The tamariki's health is promoted in a safe and comfortable environment.

**NELPS:** **Objective: 3, Priority 5** Seek advice from Māori on how best to include tikanga Māori in values, practices and organisational culture

### Procedures:

- A quiet area is designated in the preschool quiet room for the Tamariki to rest/sleep.
- All tamariki will be provided with their own mattress and bed linen. Full time and part time tamariki will have their sheets laundered a minimum of once a week and stored in their own individual bag in the sleep room/cupboard. A record will be kept in the quiet room for all sleeping tamariki.
- Each mattress has a protective cover and will be wiped down with a sanitizing solution after use each day.
- The sleep area is a peaceful and undisturbed area with adequate space to ensure safety, hygiene and access.
- Kaiako will spend 20 minutes assisting tamariki to sleep, if after this time they have not fallen asleep they may be left to rest or they can get up and resume their play. Kaiako will remain in the sleep room until the last child has woken up.
- A teacher will monitor sleeping/resting tamariki breathing, warmth and general wellbeing at regular intervals of no more than 5 minutes. The teacher responsible for the sleep room that day, will initial the 5 minute checks. It will be recorded when the child was put to bed, falls asleep and when they wake up.
- Tikanga is maintained by positioning sleeping tamariki head to head, rather than head to feet.

- The room temperature will be comfortably maintained with a heat pump; it will not drop below 18 degrees. The temperature will be recorded on the back of the sleep chart.
- Tamariki will not be put to bed with any food or liquid.
- Tamariki's nappies will be checked and changed if required before and after sleep.
- Parents are encouraged to bring any special comfort items/ dummy that will assist the tamariki when sleeping.
- Non permanent sleep equipment (mattresses) will be hygienically stored when not in use.
- If a child becomes unwell while at the centre then his/her bedding will be washed immediately

Date of review: May 2024

Signed:

Date of next review: May 2027