

Rest & Sleep Policy

Rationale

We at MIT Children's Education Centre recognise the importance of sufficient restful sleep and regular rest for children to become self-managing, be effective learners and to make the most of the learning opportunities provided. We also recognise each child is unique and comes to us with their own rest or sleep routine. We will endeavour to follow this as staffing allows.

Te Whāriki

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

Policy

This policy aims to promote the health and well-being of children by providing a safe, clean, comfortable and well monitored place for children to rest and sleep. A regular rest time is set from 11.30am – 2.00pm each day (under2), 12.00pm – 1.30pm (overs).

Procedures

- Designated sleep rooms are in NE 120/01, 103, and 111. NE 114 becomes a rest area for 4 year old children one day a week.
- These sleep rooms are positive, peaceful, well ventilated, with a room temperature above 16° C to ensure adequate rest and sleep. Soothing music may be played in the rooms.
- Individual sleep space is designed to be safe, warm, hygienic and in accordance with government regulations.
- The sharing of cots, stretchers and mattresses is discouraged. These will be cleaned and sanitised weekly, or before it is occupied by another child.
- Individual bedding (e.g. named sheet and blanket) is provided from home. Parents are responsible for the weekly laundering and returning of bedding. Infant bedding is provided by the centre.
- If bedding becomes soiled through illness, toileting incident, or damp from sweat, this will be rinsed at the centre by staff and sent home for laundering. Mattress or stretcher will be sanitised.
- Parents are encouraged to bring to the centre any special cuddly, blanket, soother, or sleep toy their child may need to facilitate a peaceful sleep.
- An accurate monitoring system of sleeping children includes; a teacher (situated in the sleep room) checking on each child for warmth, breathing and general well-being every 5-10 minutes, a record is kept of the time each child sleeps, wakes, and every time checks are made by a teacher during that time. Infants are monitored through observation windows and by a teacher entering the infant sleep room for checks every 5 minutes.

- Self-directed sleep is encouraged.
- An infant will be placed on her back when sleeping for safety purposes.
- Toddlers requiring a bottle before they sleep will be propped up in a raised position on their bed supervised by a teacher. Lights in the sleep room will be turned off once bottles are finished.
- Toddlers requiring sleep outside of the usual sleep routine will be able to do so in room NE 120/01. Older children may rest on the couch or on a stretcher in a cordoned off area in room NE 114.
- Excess outer clothing will be removed for comfort.
- Ratios will be maintained at all times.
- All sleep furniture and bedding is stored safely and hygienically when not in use.
- This policy and sleep monitoring charts will be displayed in or near the sleep rooms for parents to access.

Date approved: July 2019

Review date: July 2021

Signed by: