

August 2018	Polykids: Child Sleep Policy
Contact Authority	Manager: Polykids Childcare Centre
Rationale	<p>To validate children’s learning and development. To promote an environment where children’s health, both emotional and physical is nurtured.</p>
National Guidelines	<p>Te Whariki Well-Being: Goal 1: Children experience an environment where their health is promoted</p> <p>Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38</p>
Procedures:	<p><u>Applicable to all</u></p> <ul style="list-style-type: none"> • 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 16 degrees. • Parents may provide special sleeping toys for their child. • For the purposes of sleep and settling pacifiers may be used- children are not encouraged to engage in play activities with pacifiers in mouths. • 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 with certain exceptions - If linen is wet or soiled or a child is unwell. In these cases linen is laundered immediately, or, if the child has a cold or cough, when the child wakes. Linen is replaced with clean linen and the mattress/stretchers are disinfected with suitable cleaning solution and dried. • In accordance with regulations, children do not have access to food or liquids while in bed • 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)

	<ul style="list-style-type: none"> • If a child is still sleeping when it is soon 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 <p>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.</p>
Review Date	August 2020

This Policy has had full consultation with parents

Approved by either:
Director: Organisational Development/
Executive Assistant to the CEO
Date: