

# GERALDINE PRE SCHOOL

## SLEEP POLICY

**Rationale:** Each child is unique and comes with their own sleeping routine.

**Purpose:** To ensure staff follow individual children's rhythms and sleeping routines in a relaxed and familiar environment.

**Procedures:**

- All children are provided with their own individual sleeping space and bed linen.
- Bed linen is washed weekly, or if child attends once in that week then it will be washed fortnightly (Pihinga- Wednesday, Over 2's Friday) and duvets and mattress covers are washed monthly.
- Beds are aired regularly.
- Sleep spaces are positive and peaceful to ensure undisturbed rest. Staff are relaxed and unhurried in preparing children for sleep and are flexible to children's individual routines.
- Adequate space is provided between children's beds and there are to be no blankets draped over the sides of cots to ensure safety and hygiene.
- Windows must be open for ventilation.
- Over 2 Children's individual sleep notices will be displayed on the whiteboard in the sleep room.
- A designated staff member will monitor sleeping children every 5 minutes and sign the sign the Sleep Room Checklist. Staff will be within close distance of the sleep room so they can clearly hear the 5 minute timer. Children will be checked for warmth, breathing and general wellbeing.
- A movement monitor will be used for children under 1 year old.
- Parents are encouraged to bring any special toys children may have.
- Children will not be put to bed with a bottle or food in accordance with the Early Childhood Regulations 2008.
- For cultural reasons, children are encouraged not to stand on pillows and where possible are positioned head: head rather than head: feet.
- Parents will be shown this policy upon enrolment and asked to sign that they have read and understood the procedures.

• **SIGNED:** \_\_\_\_\_ **NAME:** \_\_\_\_\_

• **POSITION:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

• **REVIEWED:** February 2016

• **NEXT REVIEW:** February 2017