



Sleep Policy – Teina Centre

Rationale/Purpose

To ensure the safety and well-being of all children within our centre.

Statement/Objective

We endeavour to meet the individual needs of all children who attend our centre.

Broad Guidelines:

- Children are always placed to bed in clean clothes.
- Children are to have NO food or fluids while sleeping/resting.
- All children must have their own individual bedding (supplied by the centre)
- Children are to be settled by a staff member
- The sleep room is visible at all times via video monitor set up to be visible from the lounge and kai areas. There is also a viewing window from the hall into the sleep room.
- All bedding used by the children is spaced to ensure hygiene and safety at all times.
- All children will be checked every 5-10 minutes via viewing monitor and physically enter the room at 10 minutes to monitor the room temperature and sleep environment.
- All children's sleep and wake times will be recorded on sleep chart.
- All bed linen will be hygienically stored in the linen cupboard (in room) when not in use.

Lines of Responsibility:

All staff, management and licensee

Links to Other Documentation:

Regulation 21

DOP's 5(a)

Te Whaariki – Well Being – S.1- G.1; S.2 - G.2

Signed:

Responsibility for Review: Principal