

**SLEEPING POLICY**

**RATIONALE**

At Flying Kiwi Preschool we recognise that each tamaiti is unique and comes to us with their own sleeping routine. Therefore, kaiako will endeavour to follow the rhythms and routines of each individual tamaiti in a relaxed and familiar environment.

**TE** **WHĀRIKI**

***Well-being/******Mana******atua******-******Goal******1:*** Tamariki experience an environment where their health is promoted.

**Licensing** **Criteria** **for** **Early** **Childhood** **Education** **&** **Care** **Services** **2008**

**Health** **and** **Safety:** **Sleep**

* **HS9:** A procedure for monitoring children's sleep is displayed and implemented and a record of children's sleep times is kept.
* **HS10:** Furniture or items intended for children to sleep on (such as cots, beds, stretchers, or mattresses) are arranged and spaced when in use.
* **HS11:** If not permanently set up, furniture or items intended for children to sleep on (such as cots, beds, stretchers, or mattresses) and bedding is hygienically stored when not in use.

**Premises** **and** **Facilities:** **Sleep**

* **PF29:** Furniture and items intended for children to sleep on (such as cots, beds, stretchers, or mattresses) are of a size that allows children using them to lie flat, and are of a design to ensure their safety.
* **PF30:** Furniture and items intended for children to sleep on (such as cots, beds, stretchers, or mattresses) that will be used by more than one child over time are securely covered with or made of a non-porous material (that is, a material that does not allow liquid to pass through it) that; protects them from becoming soiled; allows for easy cleaning(or is disposable); and does not present a suffocation hazard to children.
* **PF31:** Clean individual bedding (such as blankets, sheets, sleeping bags, and pillowslips) is provided for sleeping or resting children that is sufficient to keep them warm.
* **PF33:**ALL-DAY SERVICES ONLY: Space is available for children aged two and older to sleep or rest for a reasonable period of time each day. If the space used for sleeping or resting is part of the activity space, there are alternative activity spaces for children not sleeping or resting as necessary.
* **PF34:** ALL-DAY SERVICES ONLY: Furniture or items intended for children to sleep on (such as cots, beds, stretchers, or mattresses) are available for the sleep or rest of children aged two and older

**PROCEDURES**

* Kaiako will work in partnership with mātua to develop a sleep ritual at Flying Kiwi Preschool as part of the settling process.(See settling policy for more information). When supporting settling tamariki to settle to sleep, kaiako follow rituals from home as closely as possible. However, over time tamariki are encouraged to securely and peacefully fall asleep with minimal adult interaction.
* Kaiako are guided by the individual rhythms and routines of the tamariki, and are relaxed and unhurried.
* Mātua are encouraged to bring to Flying Kiwi Preschool any special sleeping cuddlies/toys their tamaiti may have.
* Sleep spaces are positive and peaceful to ensure undisturbed rest. While positive and peaceful spaces, they are not silent or dark spaces. At Flying Kiwi Preschool tamariki often sleep outside.
* All tamariki are provided with their own individual sleeping space, furniture, and bed linen. Their bed linen is washed weekly and is sufficient to keep them warm. If tamariki are sleeping outdoors they will be kept suitably warm. If not permanently set up, sleeping furniture and bedding is hygienically stored when not in use.
* Sleeping furniture (such as cots or stretchers) are arranged and spaced when in use so that kaiako have clear access to at least one side (meaning the length, not the width), the area surrounding each tamaiti allows sufficient air movement and ventilation to minimise the risk of spreading illness, and tamaiti are able to sit or stand can do so safely as they wake.
* Sleeping furniture are of a size that allows tamariki using them to lie flat, and are of a design to ensure their safety. Sleeping space furniture is covered with or made of a non-porous material that protects them from becoming soiled, allows for easy cleaning, and does not present a suffocation hazard to tamariki.
* If any tamariki would like to sleep, or have a rest, then a bed and a sleep space are made available.
* Tamariki will not have access to kai and liquids while in bed.
* If the space used for sleeping, or resting, is part of the activity space, there are alternative activity spaces for tamariki not sleeping or resting to be.
* A sound, accurate monitoring system is held in place by kaiako at all times. There is a kaiako present in the sleep space whenever possible. Tamariki are checked for warmth, breathing, and general well-being are checked every 10 minutes, or more frequently according to individual needs. A record is kept of when children go to bed, when they fall asleep, and when they wake up from sleep.
* For reasons of cultural sensitivity tamariki are encouraged not to stand on pillows, and tamariki sleeping near each other are positioned head to head, or feet to feet, rather than head to feet.

**Date** **approved:**

**Review** **date:**