

POLYKIDS CHILD SLEEP POLICY

October 2024

CONTACT AUTHORITY: Manager Polykids Childcare Centre

RATIONALE: To support tamariki learning and development. To promote an environment where tamariki health, both emotional and physical is nurtured.

NATIONAL GUIDELINES:

Te Whariki

Wellbeing: Mana atua Learning outcome: Managing themselves and expressing their feelings and needs

Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38

NELP: Objective 1: Learners at the Centre -**Priority 1** Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying

PROCEDURES: Applicable to all

- The kaiako who is assigned to sleepers will ensure that the sleeping tamariki 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 kaimahi.
- 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 18 degrees.
- Whānau may provide special sleeping toys for their child.
- As tamariki wake, kaiako ensure that they are adequately dressed for play and the climate.
- Adequate space is provided for tamariki 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 on a weekly basis or more frequently as needed. Frequent laundering may occur if linen becomes wet or soiled, or if a child is unwell. In this situation it is laundered immediately. In cases where a child has a cold or cough, the linen is washed when the child wakes. The stretcher or mattress is also disinfected. Additionally, mattress/stretchers are regularly disinfected using an appropriate cleaning solution and are thoroughly dried thereafter.
- In accordance with regulations, tamariki do not have access to food or liquids while in bed.
- To eliminate the risk of strangulation, all necklaces, pounamu, teething beads, will be removed and stored safely during sleep.
- The use of settling comforters and pacifiers is encouraged for sleep and settling- we do not encourage tamariki to walk around or participate in physical activities while pacifiers are in tamariki mouths.
Note- This is to eliminate damage to mouth and teeth if a child has a fall.
- Tamariki will not be left in prams to sleep but will be transferred into a cot (prams are used only for transportation of a child)
- If a child is still sleeping when it's time for them to go home, the kaiako wake the child quietly and prepare them to go home before the Whānau arrive to pick them up. Alternatively, kaiako can check with the Whānau to see if they would like their child woken and ready to go home.
- For reasons of cultural sensitivity, tamariki on stretchers are positioned head-to-head rather than head to feet if sleeping alongside each other.

Fever- Temperatures and Sleep: Tamariki with temperatures of 37.7°C and above they will not be placed in the sleep rooms to rest or sleep, instead whānau will be given the option to have their child stay up and monitored or come and collect their child so that they can be rested in the home environment. When temperatures elevate to 38°C or above the **Process for whānau contact** will commence. **Please see the Child Health Policy**

Due to the different developmental and physical requirement of each of the different age groups, both Manawa and Whetu have differing procedures for tamariki who rest and sleep- please familiarise yourself with the procedures for the different environments.

Review Date: October 2027

This Policy has had full consultation with Whānau

October 2024	Manawa: Child Sleep Procedure Over 2 Age Group
Contact Authority	Manager: Polykids Childcare Centre
Rationale	To support tamariki learning and development. To promote an environment where tamariki health, both emotional and physical is nurtured.
National Guidelines	<p>Te Whariki Wellbeing: Mana atua Learning outcome: Managing themselves and expressing their feelings and needs Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38. NELP: Objective 1 <i>Learners at the Centre - Priority 1 Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying</i></p>
Procedures:	<ul style="list-style-type: none"> • A supervised sleep or rest period is provided after the lunch time routine. Commencing at 12 noon and finishing at the latest by 1:30pm • The minimum amount of sleep for a child (age 2 - 4.5 years) is 45 minutes prior to being woken. This is based on research and theory around circadian rhythm and REM sleep cycles - please see kaiako for readings. • Tamariki have nappies checked and/or change prior to going to bed and outer clothing is removed, this includes socks and hair ties as these can be a choking risk. • To eliminate the risk of strangulation, any item identified as a risk (all necklaces, pounamu) will be removed and stored safely during sleep. • Sleep sacks are only permitted while tamariki are in cots- on stretchers they become a tripping and mobility hazard. • Kaiako must maintain sleep records of tamariki. All tamariki in the sleep rooms will be recorded on the Daily Sleep Chart. Their resting or sleeping patterns will be recorded according to their, resting periods, sleeping periods and the time they woke or exited the rooms. • A kaiako will remain in the sleep room with the older tamariki until they are all asleep. No child is to be left unattended on the stretchers while awake. If tamariki are not sleeping, they need to rejoin the learning environment. • Tamariki who sleep after lunch have their own individual linen and sleeping space. • Sheets are provided by Polykids and laundered at a minimum of weekly. • Each child's bedding is stored in a Kete between uses and is only used for that child. • Room temperature is recorded when first child goes into the sleep room and again when the last child gets up. • Sleep spaces are positive and peaceful. Quiet relaxation music or white noise may be played to settle tamariki to sleep. • When tamariki are scheduled for a routine nap but show a constant pattern of alertness, no interest in sleep or requesting to get up- we will provide a quiet activity alongside peer group/ This will be done in consultation with whānau. • Sleep room spaces are limited. When tamariki show a consistent pattern of not sleeping this will be communicated to whānau so that a decision can be made allow them to stay up and participate in activities with peers. • If a child becomes disruptive and impacts the sleep and well-being of others, they will be gently guided out of the sleep room.
Review Date	October 2027

October 2024	Whetu: Child Sleep Procedure Under 2 Age Group
Contact Authority	Manager: Polykids Childcare Centre
Rationale	To support tamariki learning and development. To promote an environment where tamariki health, both emotional and physical is nurtured.
National Guidelines	Te Whariki Wellbeing: Mana atua Learning outcome: Managing themselves and expressing their feelings and needs. Licensing Criteria (2008): Reg 46: HS9; HS10; HS11; Reg 45: PF 29; 30; 31; 33; 34; 37; 38. NELP: Objective 1 <i>Learners at the Centre -Priority 1 Ensure places of learning are safe, inclusive and free from racism, discrimination and bullying</i>
Procedures:	<ul style="list-style-type: none"> • Kaiako must maintain sleep records of tamariki. • All tamariki in the sleep rooms will be recorded on the Daily Sleep Chart. This shows periods of resting, sleeping and the time the tamariki woke. • Their resting and/or sleeping patterns and will be recorded according to their entry into the rooms, resting periods, sleeping periods and the time they woke or exited the rooms. • Room temperature is recorded on the sleep chart daily. These are recorded at three separate intervals of the day. • While tamariki are in cots they may be encouraged to independently self-soothe and settle themselves to sleep. This approach will be discussed and agreed upon in consultation with whānau. • The use of sleep swaddles and sleep toys are permitted. Sleep sacks are only permitted while tamariki are in cots. When tamariki are on stretchers they become a tripping and mobility hazard. • We ask that sleep swaddles and sleep sacks are laundered, and this is the responsibility of Whānau. • Sheets are provided by Polykids and laundered at a minimum of weekly. • Infants and toddlers are able to sleep at any time during the day while in the whetu area. Ratio is maintained at all times. • If tamariki have a bottle prior to sleep, they will have this in the play area while being supervised by a kaiako. • Quiet relaxation music or white noise is played in each sleep room. • Tamariki have nappies checked and/or change prior to going to bed. Outer clothing is removed this includes socks, Hair ties as these can be a choking risk. • To eliminate the risk of strangulation, all necklaces, pounamu, teething beads, will be removed and stored safely during sleep.
Review Date	October 2027