

## Rest and Sleep Policy and Procedure



Licensing Criteria: Health and Safety HS 9-11, PF 29-34

### Rationale

We recognize that each child is unique and comes to us with their own sleeping routine. Therefore kaiako will endeavor to follow individual children's rhythms and routines in a relaxed and familiar environment and encourage them to rest when needed through positive interactions. Children are entitled to rest / sleep as and when they need it and we will ensure that there is adequate provision of bedding and quiet spaces for children to do so. We will monitor and supervise children closely throughout their rest time so that they are kept safe from harm..

### Objectives

- To ensure that there is adequate provision of space for tamariki to rest and sleep.
- To ensure that tamariki are comfortable and that they are kept safe from harm whilst resting.
- To ensure that kaiako monitor children resting and keep accurate records.

### Procedures

- Kaiako are guided by children's individual rhythms and routines and are relaxed and unhurried.
- A quiet area is assigned in the inside playroom as a rest/sleep area that will be supervised by the inside teacher.
- Non porous mats are available, with sets of bedding (pillow, pillowcase, sleeping bag and blanket) for tamariki to use as and when they require a rest. These will be stored in the main playroom for tamariki to access independently.
- Sleeping mats will be arranged and spaced so that adults have clear access to at least one side and the child is able to sit and stand up safely when they wake up.
- Mats will also be positioned to allow for sufficient air movement and minimize the risk of spreading illness.
- For reasons of cultural sensitivity children are encouraged not to stand on pillows and children sleeping near each other are positioned head to head rather than head to feet.
- All reasonable efforts will be made to minimize noise levels while children are resting so that the rest space is positive and peaceful and the sleep is uninterrupted.

- The Inside Teacher will ensure that resting children do not have access to food or liquid while they are lying down.
- Resting / Sleeping children will be monitored by the Inside Teacher who will check the child's body temperature, their breathing and their general well-being every 5 minutes or more frequently, according to the child's needs.
- This information will be recorded accurately on the rest/sleep chart by the supervising teacher along with the times that the rest began and ended.
- The sleep chart will be brought to the caregiver/parents attention at the end of the day where it is signed by them.
- Parents are encouraged to bring any special sleeping cuddlies/toys their child may need to support them and promote resting.

## Review

Policy will be reviewed annually as per our review schedule or when a change is required .

Ratified	
Date	April 2022
Review Date	April 2024
Consultation undertaken	Yes

## References

- Te Whāriki Early Childhood Curriculum 2017
- Education (Early Childhood services) Regulations 2008 Reg 45  
Licensing Criteria for Early Childhood and Care Services 2008