



WANAKA PRESCHOOL **Korimako Room**

LEARNING & DEVELOPMENT COMMUNICATION & CONSULTATION

Monitoring Sleeping & Resting Children

DOP: 5b 6 8a b c Early Childhood Regulations: Part 2: 21 (1–4) 26a

Rationale: For the purpose of good health and development, infants and young children require safe, uninterrupted sleep. Therefore, we undertake to maintain our clean well designed sleeping room suitable for a range of children. The management of Wanaka Preschool shall ensure that these facilities continue to meet the regulations for all health, safety and staffing requirements.

Information on children's sleeping requirements shall be sought from parents / caregivers / whānau. It is the responsibility of the Korimako teachers to follow the wishes of the families and the needs of the individual child, and ensure that sleeping opportunities are available throughout the day.

Purpose

The comfort and well-being of tamariki is vital at all times. This must continue to occur during sleep and rest times.

All regulations will be met; these pertain to the keeping of accurate records that are available to families / whānau at any time; and the health and safety of the children and teachers.

Procedures

For all children, the following procedures will be practiced:

- The inside teacher is responsible for sleeping routines, in some situations they may delegate to another teacher who will follow all procedures.
- A timer is available for keeping a check on the supervision time frame. This is placed outside the sleep room on a bench top with the '*Sleep Register*'. Staff shall use two methods of observation; looking closely through the windows interspersed with physically going into the room.
- Kaiako have the responsibility to maintain the '*Sleep Register*' this will be filled in at every check and shall be available to parents on demand.
- To ensure the safety of both the children and the staff, no adult shall remain in the room to supervise sleeping children once they are settled. Kaiako shall use their knowledge of individual children concerning how long they are required to remain in the sleep-room.
- In the case of **non- enrolled** children when their family may be visiting, whānau are to assume responsibility for their children and will respond to the timer. However, kaiako are to keep an eye on this routine and remind the parent if necessary.
- No baby or child is to be put down to bed with a bottle or food.
- Whānau of tamariki may specify sleeping patterns for their child. This should be written down in the '*Sleep Register*' and kaiako are to adhere to this. In the event that a tamaiti refuses to go to bed, then the parents / caregivers are to be informed at the time of pick up.
- Suitable and sufficient bedding will be maintained on the premises.
- Bedding is to be removed and placed in a named bag if the baby / child is likely to use it again in the very near future. Otherwise it is to be put out to the wash. All bedding shall be washed on a regular basis or as health issues require.

Mokopuna - under two year olds

- Two cots designed for early childhood centres are attached securely to the wall for the use of the Mokopuna.
- Sleeping/resting children will be checked every 5 minutes.
- Babies / mokopuna under 9 months are to be settled on their backs, **not on their stomach.**

Over two year olds

- Kaiako to ensure that the buzzer is set for 10 minute intervals, and respond quickly to this.
- Kaiako to routinely look through the sleep room windows as they pass, and to respond to any situation they deem out of the ordinary.

Beds and Bedding and the environment

- All beds shall be placed so as to allow an adult to easily move around them
- No bed is to be placed up against the wall of an open window
- Ensure that electrical points are safe
- Ensure the door way is kept clear at all times
- No hanging objects where a tamaiti could reach
- The sleep room is to be aired daily
- The room temperature to be at 18 °C in the winter and cooled when overheated
- Every bed and cot is to have the following:
 1. A mattress
 2. Water proof covering over the mattress
 3. Sheets
 4. Blanket/s
 5. Individual child's bag for bedding if the tamaiti is likely to re-use the bedding in the near future
- Bedding is to be washed after single use if it is not the usual routine of the tamaiti to have a sleep
- Beds are to be set up at the end of each day to ensure that they are available for children first thing in the morning if necessary