

## MONITORING OF SLEEPING/RESTING CHILDREN

### Guidelines:

1. All akonga will have the opportunity for sleep or rest if needed or requested by a parent /caregiver.
2. Upon enrolment, parents advise the Centre of sleeping/resting requirements. Parents sign that they have read the procedure "Monitoring of Sleeping/Resting Children".
3. Akonga sleep/rest in an area designated for that purpose as per Education (ECE 2008 Regulation 46. Furniture items intended for akonga to sleep on will be of a size that allows akonga using them to lie flat and are of a design to ensure their safety.
4. Akonga have a personal sleeping/rest space, bed, and linen which is laundered as required, no less than once a week. A child's personal linen will be kept during the week when not in use in named storage in the sleep room.
5. No child has access to any fluid or food while in bed.
6. All akonga whenever possible are toileted or have their nappy checked and changed if necessary before their sleep/rest period, or during if required.
7. Akonga are settled, according to their individual rituals, as advised by parents/ caregivers.
8. If a child is unable to settle on their own or with support from a kaiako, he/she is removed from the sleep area.
9. A delegated staff member is responsible for monitoring sleeping/resting children, ensuring their safety, comfort, and well-being by;
  - (a) Working in close proximity to sleep/rest area.
  - (b) Checking every five minutes, for children under 2 and 10 minutes for children over 2 by entering sleeping area. This is noted on the clipboard by the entrance to the sleep/rest area and the time a child is put to bed, goes to sleep and wakes up are recorded on the clipboard near the entrance to the sleep/rest area.
  - (c) If a teacher needs to stay in the bedroom to settle children a sign will be placed on the bedroom door and other staff will continue to check every 5 to 10 minutes.
  - (d) When a child has finished their sleep/rest they are removed from the sleep area, toileted and their nappy is checked and changed if necessary, dressed and offered food and fluid, as required.

Regulations 2008: 46

Date Reviewed	Next Review Date
April 2014	2016