

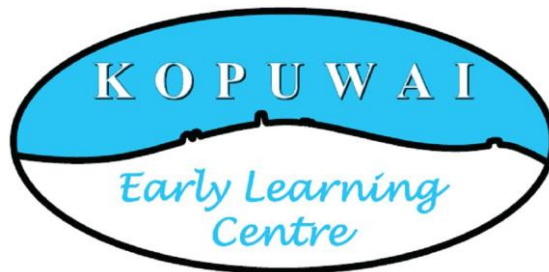
ALEXANDRA CHILDCARE CENTRE (1995) INC.

## MONITORING OF SLEEPING/RESTING CHILDREN PROCEDURE

### GUIDELINES:

1. All ākonga will have the opportunity for sleep or rest if needed or requested by a parent /caregiver.
2. Upon enrolment, parents advise kāiako of sleeping/resting requirements. Parents sign that they have read the procedure "Monitoring of Sleeping/Resting Children".
3. Ākonga sleep/rest in an area designated for that purpose as per Education (ECE 2008 Regulation 46) Furniture items intended for ākonga to sleep on will be of a size that allows ākonga using them to lie flat and are of a design to ensure their safety.
4. Furniture or items intended for children to sleep on are arranged and spaced so adults have clear access to at least one side lengthways, and the area surrounding each child allows sufficient air movement to minimize the risk of spreading illness.
5. Ākonga 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.
6. No child has access to any fluid or food while in bed.
7. All ākonga whenever possible are toileted or have their nappy checked and changed if necessary before their sleep/rest period, or during if required.
8. Ākonga are settled, according to their individual rituals, as advised by parents/ caregivers.
9. If a child is unable to settle on their own or with support from a kāiako, he/she is removed from the sleep area.
10. A delegated team member is responsible for monitoring sleeping/resting children, ensuring their safety, comfort, and well-being by:
  - *Working near sleep/rest area.*
  - *Children are checked for warmth, breathing, and general well-being at least every 5-10 minutes, or more frequently according to individual needs.*
  - *This is recorded on the clipboard near the entrance to the sleep/rest area with the following information: A temperature check of each room (no less than 18°), the time a child is put to bed, goes to sleep and wakes.*
  - *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.*
  - *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.*
  - *The daily record sheets are dated and filed in with a record of our sleep/rest checks.*

DATE REVIEWED	DATE NEXT REVIEWED
November 2021	2023
July 2024	2026



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## **MONITORING OF SLEEPING/RESTING CHILDREN PROCEDURE**

### **ADVICE FROM MOE:**

#### Services should:

- place the infant to sleep on their back with their face up and feet to the bottom of the cot so that the infant can't wriggle under the bedding
- make sure the infant's face is clear of bedding and they cannot become trapped or strangled
- make sure the infants do not overheat in terms of clothing and blankets/coverings. Sleep room temperatures are no lower than 18 degrees C.
- make sure that if a mattress is used, it should be firm and flat to keep infant's airways open
- make sure the gaps between the bars of infant's cots are between 50 mm and 95 mm - ideally closer to 50 mm
- make sure there is nothing in the bed that might cover the infant's face, or able to be reached by the infant from within the bed that might lift their head or choke them. Eg no pillows, toys, loose bedding, bumper pads or necklaces (including amber beads and 'teething' necklaces)
- not put infants to sleep swaddled if there is a risk they may roll onto their front.

#### **Licensing criteria for sleep**

[https://www.education.govt.nz/early-childhood/licensing-and-regulations/the-regulatory-framework-for-ece/licensing-criteria/centre-based-ece-services/premises-and-facilities/sleep/pf31-bedding/#cd\\_8741\\_pf31-bedding\\_Education\ComplexDocuments\Model\ComplexDocumentTabSection](https://www.education.govt.nz/early-childhood/licensing-and-regulations/the-regulatory-framework-for-ece/licensing-criteria/centre-based-ece-services/premises-and-facilities/sleep/pf31-bedding/#cd_8741_pf31-bedding_Education\ComplexDocuments\Model\ComplexDocumentTabSection)

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