



## **Sleep and Rest Policy**

### **Goal:**

That children's health and well-being is supported by having the opportunity to sleep and rest.

### **Procedure:**

1. All children have the opportunity to have a sleep or rest each childcare day, in consultation with their Key Teacher. The purpose of this relaxation time is to ensure that they have an opportunity to rejuvenate ready for full participation in the centre learning environment.
2. Key Teachers will consult with parents or whānau about sleep or rest rhythms and share this information with the teaching team.
3. Infants and toddlers have a separate sleep room available, with an individual mattress or cot.
4. Infants and toddlers will be able to sleep according to their individual rhythms.
5. All sleep times will be recorded for teacher and parent information.
6. Toddlers and young children will sleep or rest in the older children's sleep room on an individual mattress. These will be arranged in a way that is culturally appropriate.
7. Each child shall have a named sheet, blanket and blanket bag. These will be supplied by the centre. All mattresses will be protected with a moisture resistant cover, under the sheet.
8. The centre will wash all linen weekly or more often as necessary.
9. Teachers will assist each child to relax by playing soft music, ensuring that they are warm and comfortable and patting or rubbing the child's back, in consultation with children and parents.
10. Children will be supervised while they are resting or sleeping. This will be by either a teacher being present in the room with sleeping children or physically checking all sleeping children every 5 to 10 minutes, checking on their warmth, breathing and general

wellbeing. The times of these checks will be recorded, with the sleep times.

11. Teachers will ensure that no child has access to any food or liquid while in bed.
12. The enrolment form will include a clause that parents and whānau sign to endorse that they are familiar with the Sleep and Rest Policy.
13. A copy of the Sleep and Rest Policy will be on display in both sleeping areas and available for perusal at any time.
14. Information books about sleeping are available to parents and whānau in the parent library.
15. In preparation for a full school day, older children, in consultation with parents/whānau and Key Teachers, will have the opportunity to engage in quiet play, on some days.

This policy will be reviewed as per policy review schedule.

Date: 8 August 2020