

Early Childhood Learning Centre

Sleep management policy

Categories: Health & Safety

Last Modified: March 2020

Review Date: May 2022

Policy Statement

Children's health, safety and well-being are supported at the centre.

Rationale

To ensure sleeping provisions support children's safety and well-being.

Objectives

1. There is a separate, enclosed sleep room for children which is adjacent to the main play area and is visible from the play area through the glass / window. An alternative sleeping area which is separate from the playing area, is well-ventilated by means of opened windows and provides a quiet environment for undisturbed rest is also available.
2. Each child is provided with a cot or mattress which is cleaned regularly.
3. Each child has his/her own bedding which is kept in a designated place.
4. Mattresses are spaced on the floor to allow adults and children to move freely between them.
5. Children have no access to food or drink in bed.
6. A teacher is in attendance whenever the child is awake (either resting or preparing to sleep).
7. A teacher regularly monitors the children's warmth, breathing and well-being.
8. The teacher records each child's beginning and end sleep time on the sleep chart in accordance with the Centre's sleep procedures. Sleep times are available for parents to view or are recorded in the Under Two's note book.
9. The sleep areas are not used for isolation of sick children.
10. In compliance with the policy on child protection, staff supervising sleeping children work in a team situation, monitoring each others' movements and children's needs.
11. This policy should be read in conjunction on the centre's Child Protection Policy on the prevention of child abuse.

12. In the event of an emergency where evacuation is required, teachers will wake / carry all sleeping children and follow the Centre's emergency procedures.

Related documents

- Child protection policy
- Emergency procedures
- Sleep procedure