



# Sleeping Policy

**Rationale:** Each child is unique and has their own sleeping routines. Bright Start Educare will endeavour to follow children's individual routines in a relaxed and familiar environment where their health is promoted and emotional well-being is nurtured and they are kept safe from harm.

**Objective:** To keep routines at Bright Start Educare consistent with routines in the home environment as well as meeting children's individual needs. Bright Start Educare believes that children need to be provided with resting and/or sleeping periods throughout the day.

**Procedures:**

- Sleep areas are spaced and arranged to ensure safety and hygiene in a positive and peaceful environment to ensure undisturbed rest.
- Teachers are guided by children's individual rhythms; routines are relaxed and unhurried.
- Parents and caregivers are encouraged to bring any special sleeping cuddlies/toys their child may have.
- In accordance with government regulation and in the interest of promoting child health, children WILL NOT be put to bed with a bottle or any other fluids.
- All children are provided with their own individual sleeping space and bed linen.
- A sound and accurate monitoring system is held in place by teachers at all times. The sleep room will be closely monitored to ensure the child's physical safety including breathing, warmth and general well being. Children under the age of 6 month's will be monitored every 5 minutes. When there are 3 or more children under 1 year in the sleep room a teacher will be required to stay in the sleep room
- There is a teacher present in the sleep room until children are asleep and after this a 10 min check will be carried out. Records of sleeps will be available.
- Staff are aware of the need for warmth and ventilations for sleeping children. The room where the children are to sleep will be warm and ventilated. Windows will be open on warmer days and the centre will be heated on colder days.

Date reviewed: 29 January 2010

Date approved: 15 February 2010

Date for next review: 15 February 2012