

Monitoring children's Sleep Policy- HS8

Rationale:

To ensure educators undertake best practice in respect of sleeping provisions for children in their care. To ensure the health and safety of children while they are asleep.

Objectives:

For there to be a safe place for children to get restful sleep at any time they need it while they are in care.

Procedures:

- Children's cots or beds will be placed in a position where they are easily accessible and where air can circulate.
- Children must be able to stand or sit safely upon waking.
- Portable Cot is not used by children who are able to stand up.
- Furniture items for children to sleep on (such as cots, beds, stretchers or mattresses) are of a size that allows the child to lie flat and are of a design to ensure their safety.
- Furniture or items for children to sleep on that will be used by more than one child are covered by a non-porous material (that is, material that does not allow liquid to pass through) that protects them from becoming soiled, allows for easy cleaning (or is disposable), and does not present a suffocation hazard to children.
- Clean individual bedding is supplied for each child (such as sheets, pillowslips, blankets, sleeping bags) that is sufficient to keep them warm and is laundered each week or if it becomes soiled.
- Children will not be put to bed with food or liquids (this includes bottles).
- Treasure Tree Educators will check the child (every 10 – 15 minutes while they are asleep) for breathing and warmth.
- Treasure Tree educator will have a white board and marker to record children's sleep and check time (every 10-15minutes).
- Children's individual sleep routines (where possible) will be adhered to, and any changes discussed with the parents.