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## SLEEPING AND RESTING CHILDREN

Enquiries to: Manager, Team Leaders

Applies to: All children, parents, guardians, teachers and relievers.

Date Reviewed: September 2022

Next Review Date: September 2023

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Management consulted Yes/No Staff consulted Yes/No

Parents consulted Yes/No

Approved by Jenni Mason Designation: Centre Manager Date 14/09/2022

**RATIONALE:**

To ensure that provision is made so that children can sleep and rest in a quiet, safe, and healthy environment.

**POLICY:**

* The Centre Manager is responsible for ensuring that this policy is adhered to.
* Appropriate sleeping facilities will be provided to allow for undisturbed rest of all children, allowing for individual routines and ages.
* Individual bedding will be provided for all children.
* Beds and cots will be arranged to ensure a safe, hygienic environment with good access and monitoring systems for teachers and children.
* Children will be supervised until asleep and regularly monitored at not more than 10-minute intervals all times.
* Children will not have access to fluids or solids whilst in bed.
* A temperature of 18 degrees Celsius in all rooms will be maintained.

**PROCEDURE:**

* Where a cot/stretcher is being used by more than one child, it will be regularly cleaned, and bedding changed for each child.
* All children’s bedding is to be washed after a maximum of 10 sleeps, or as necessary.
* Stretchers and mattresses should be disinfected monthly (unless soiled then immediately) with a suitable cleaning agent (to gain advice on what can be used from manufacturer).
* Cot’s/beds will be spaced to allow for easy access and visibility from the viewing windows.
* There should be good air flow in the room, and good ventilation. Fans and heaters should be used as appropriate and kept a safe level.
* A permanent teacher will remain in the sleep room until all children are asleep. If possible, a teacher will remain in the room while children sleep. If this is not possible then children will be physically checked every ten minutes to check for breathing, warmth and general well-being, and the sleep chart signed by the teacher making these checks.
* Parents will be asked to inform teachers about their child’s sleeping routines. There will be regular communication to inform parents/caregivers about their child’s sleeping routines at the centre.
* Student teachers do not assist with sleeping unless accompanied by a permanent member of the teaching team, relievers are up to the discretion of the manager.

**Infants and toddlers:**

* Infant’s under 1year of age will be provided an individual cot. After this time, they may transition into a stretcher bed.
* There will always be a teacher in the Ducklings playroom when any child is in bed.
* With children aged between 6 months and 1 year, a teacher will remain in the sleep room if there are 2 children sleeping.
* A teacher will stay in the room until all children are asleep.
* Should the ratios allow it is preferable that a teacher stay in the room whilst the children are asleep.
* Teacher’s physically go into the room and ensuring each child is breathing this may mean touching the child’s back or chest to feel for breathing, for warmth and general well-being.
* Children’s sleep times will then be written on the sleep chart and checks.
* Cot mattresses should be aired weekly, where possible out in the sun.

***References****; ECE Regulations, Licensing Criteria for ECE Centres, 2008, HS9 – HS11, (sleep), The Children’s Act 2014.*