



SLEEPING POLICY

RATIONALE

At Butterfly Preschool we recognise that each child is unique and comes to us with their own sleeping routine. Therefore, teachers will endeavour to follow individual children's rhythms and routines in a relaxed and familiar environment.

TE WHARIKI

Well-being – Goal 1. Children experience an environment where their health is promoted.

PROCEDURES

The rostered (Domestic) teacher will gather children for bed, nappies will be checked and any restrictive clothing, bibs, necklaces will be removed, the domestic teacher will stay with the children until they are asleep

A record of the time the child was put to bed, went to sleep and regular five to ten minute checks will be recorded, along with the time the child woke

All children are provided with their own individual sleeping space and bed lined. Their bed lined is washed weekly as per sleep chart roster and hygienic laundering policy

The sleep spaces are positive and peaceful to ensure undisturbed rest. However they are not silent spaces

To ease your child into sleeping at the centre, it is beneficial for all if they are able to fall asleep on their own without being held or rocked. However, teachers will ensure children fall asleep in a peaceful way

Adequate sleeping space is provided for children's safety and hygiene. Adults have clear access to at least one side of the bed (length side)

Five to ten minute checks are carried out for sleeping children. The child will be physically touched to check temperature, and records of sleep are maintained

Teachers are guided by children's individual rhythms and routines are relaxed and unhurried

Parents are encouraged to bring to Butterfly Preschool any special sleeping/cuddlies/toys their child may have

In accordance with the government regulations children will not be put to bed with a bottle, water or food



SLEEPING POLICY CONT.....

For reasons of cultural sensitivity children are positioned head to head rather than head to feet

If a child has rested for longer than 30 minutes and has not fallen asleep they will be supported back into play

Adequate spacing around all beds will ensure adults have access to at least one side (meaning length not width) of the bed and children able to sit or stand can do so safely as they wake

Parent's wishes regarding children's sleep times will be respected and written on sleep chart, children will be quietly woken if applicable

At Butterfly Preschool we follow best practice guidelines as follows:

Babies are placed on back to sleep

Ensure babies airways stay clear throughout sleep episodes

Consider the age and vulnerability of the baby in safety checks

Choose safe clothing and bedding

Use safe beds

Support children to settle to sleep

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Consultation undertaken: January 2020