



SLEEPING CHILDREN

August 2009

Rationale:

Playcentre will provide an environment where children are comfortable and kept safe from harm while sleeping or resting.

Purpose:

- To ensure there are adequate facilities for children who need to sleep or rest.
- To ensure a system is in place for the monitoring of sleeping children.
- To ensure that sleeping children can be easily supervised and there is clear view of any adults who are in the sleep area alone with sleeping children.
- To ensure that all facilities for sleeping children are safe and hygienic.

Procedures:

Sleep Area

1. Any sleep area provided will have at least 1.4 square metres of floor area (exclusive of doorways and storage) for each sleeping space in accordance with the guidelines prescribed by the Ministry of Health and Public Health.
Public Health Req
2. Any sleep area provided will have adequate heating and ventilation in accordance with the guidelines prescribed by the Ministry of Health and Public Health.
Ed Reg PF12, Public Health Req
3. There will be a clear view into the sleep area at all times.
Public Health Req

Cots

4. Parents/caregivers/whanau members will be provided with the option to sleep their child in a cot. One cot for every five under two children attending on each session will be available for use.
Ed Reg PF32
5. A safe and comfortable place to sleep (such as a cot, mattress, stretcher or couch) is available for children aged two and over to sleep or rest during a session.
Ed Reg PF32
6. Any cots provided must comply with New Zealand Standards AS/NZ 2172:1995.
Public Health Req
7. Any cots provided must be free of lead paint and must otherwise be maintained in a good condition.
Public Health Req
8. Any cots provided must be of an appropriate surface that is able to be easily cleaned and disinfected.
Ed Reg PF 30, Public Health Req

9. Mattresses must have a waterproof cover that is smooth and easily cleaned and disinfected.
Ed Reg PF30, Public Health Req
10. Bedding will not be shared. Individual bedding will be provided either by the Centre or the parent/caregiver/whanau member.
Ed Reg HS11
11. All bedding will be removed between use, taken away for laundering, and the waterproof mattress cover will be cleaned and disinfected.
Ed Reg HS11

Monitoring and Supervision

12. Supervision requirements will be maintained at all times, even when children are sleeping in the centre, in accordance with Licensing and Supervision Requirements of the North Shore Playcentre Association.
13. The monitoring of any child sleeping at the centre will be the responsibility of its own parent/caregiver/whanau member.

The sleeping child will be monitored by the parent/caregiver/whanau member or another person nominated by the parent/caregiver/whanau member *and*

Regular physical checks will be made by the parent/caregiver/whanau member or nominated person every 5-10 minutes.
Ed Reg HS9

14. Details of every physical check of a sleeping child will be recorded in a book or sheet that is kept in the sleep area.
Ed Reg HS9
15. Children will not be given any fluids or foods while in a cot or other sleeping or resting-place.
Ed Reg HS9)
16. Procedures for sleeping children will be recorded and kept in the centre.
Ed Reg HS9

Key

Ed Reg- Education (Early Childhood Centres) Regulations 2008

Public Health Req – As found in Assessment Information for Early Childhood Centres published by Public Health Protection and Emerging Health and Safety Issues Early Childhood Education Centres
- Design Issues for Sleeping Facilities published by the Ministry of Health

<p>Policy Accepted: Association Meeting, 18 August 2009. Review Date: 2014</p>

SLEEP PROCEDURES

Before

- Make up the cot using the bedding provided or brought from home.

NB: If not permanently set up, furniture or items intended for children to sleep on (such as cots, beds, stretchers or mattresses) and bedding is to be hygienically stored when not in use.

- Record the child's name and time child was put to bed in a book or sheet that is kept.

During

- Ensure there is a clear view into the sleep room at all times.
- Do a physical check of the child every 5-10 minutes.
- Record the time the child was last checked in a book or sheet and initial.
- Do not give the child any fluids or food while in bed or other sleeping or resting-place.

After

- Gloves may be used if the bedding is wet or soiled.
- Remove the bedding for laundering.
- Clean the mattress cover/protector using detergent, warm water and paper towels.
- Disinfect the mattress protector using the designated bleach solution and paper towels.
- Dispose of the protective gloves (if used) and paper towels in the rubbish bin.
- WASH AND DRY YOUR HANDS THOROUGHLY.

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