

Playcentre Aotearoa's Sleeping Children Procedure Sign



Education (Early Childhood Services) Regulations 2008. Regs 45, 46
Licensing Criteria for Centre-Based Education and Care Services 2008:

HS9: A procedure for monitoring children's sleep is displayed and implemented and a record of children's sleep times is kept.

PLEASE DISPLAY AT YOUR CENTRE IN DESIGNATED SLEEPING AREA

1.0	BEFORE
1.1	<p>Make up the cot using the bedding (sheets/blankets only) provided at Centre or brought from home by whānau. If a multi-level cot, ensure children that can stand only use the lower level.</p> <p>NB: If not permanently set up, furniture or items intended for children to sleep on (such as cots, beds, stretchers, mattresses) and linen/bedding are to be hygienically stored when not in use. See the Sleeping Children Procedure</p>
1.2	Identify which adult will be supervising and checking on the sleeping child.
1.3	Record the sleeping child's name and the time the child was put to bed in the Centre's sleep record book or form. This record is kept for at least two years.
2.0	DURING
2.1	Do a physical check of the sleeping child at least every 5-10 minutes . Check for warmth, breathing and general wellbeing . These checks must be done no matter where the child is sleeping.
2.2	At each and every check record the time the child was checked in the sleep record book/form and initial.
2.3	Do not give the child any fluids or food while in bed or in any other sleeping or resting-place.
3.0	AFTER
3.1	<p>Make sleeping area available for next child's use, by removing the bedding.</p> <p>If planning to use for the same child again store the bedding in a bag/shelf/storage area labelled with their name. Children should not share linen.</p> <p>Used but unsoiled bedding should be laundered weekly – follow Laundering Procedure</p> <p>If bedding is wet or soiled</p> <ol style="list-style-type: none"> Gloves may be used. Clean the mattress cover/protector using detergent, warm water and paper/reusable towels. Disinfect the mattress protector using the designated bleach or other approved solution and paper/reusable towels. Dispose of the protective gloves and paper towels, if used in the rubbish bin. Put reusable towels and soiled bedding in separate bag or container to be laundered. WASH AND DRY YOUR HANDS THOROUGHLY.

