

	<p>Policy Category: HEALTH AND SAFETY</p>
	<p>Policy Name: Sleep Monitoring Policy</p>

Purpose

The purpose of this operational policy is to ensure the safety and wellbeing of children when sleeping at the centre through regular monitoring, thereby meeting licensing criteria HS9, 10 and 11.

Position Statement

Our centre is committed to fulfil its duty of care by ensuring all children sleep safely in a safe place every time they sleep in our centre.

Issue Outline

Ensuring the safety and wellbeing of children extends to when they are asleep. For this reason, careful attention is given to the sleep environment of children and how their sleep is being monitored. The centre's system of providing active supervision of children extends to while they are asleep. Parents want to be assured that their children are well looked after and sleep records are available to keep them informed.

Detail

General:

We provide sleep spaces/furniture (I,e, cots, beds, stretchers or mattresses) that meet ECE licensing criteria safety standards and are arranged so that;

- Adults have clear access to at least one side along the length of the cot/bed.
- Children able to sit or stand can do so safely as they wake
- Sleeping areas are well ventilated to allow sufficient air to circulate and there is no build-up of carbon dioxide, moisture and heat

We inform families about this policy, monitor safe sleep practices, and document any and all exceptions.

At our centre we ensure there is a teacher present in the sleeping space if required for settling.

Children are checked for warmth, breathing, and general well-being at least every 5-10 minutes, or more frequently according to individual needs

Children's sleep times are recorded and are available to parents.

Children will generally sleep in the designated sleeping place. However, special circumstances arise that mean it is more appropriate for a child to sleep elsewhere. However, children will not be put into strollers, bean bags or car seats for sleeping

Children will always sleep in age- and developmentally appropriate places, i.e. children who are able to pull themselves up and stand up will not be placed in top cots.

Around 1 year of age children will transition from a cot into a bed in consultation with the parents.

Children will have no access to food or liquids while in bed.

All necklaces will be removed from around the child neck and placed in a safe place prior to the child being placed in bed

Children will be placed into bed in appropriate clothing

No other children or adults may enter the sleep space while children are asleep.

Parents who wish to know their child's sleep pattern can ask the teachers or consult the sleep chart.

Our centre keeps a daily 'sleep chart'. This contains the date, names of children, times they slept, the name/signature of those checking them while in bed (5-10 minutes) and any other comments.

Sleep records are kept for the current year plus one additional year.

Relevant Background (including legislation/regulation references)

Licensing Criteria 2008, Health and Safety, Sleep – **HS9**. Documentation required:

- A procedure for monitoring children's sleep. The procedure ensures that children:
 - Do not have access to food or liquids while in bed; and
 - Are checked for warmth, breathing, and general well-being at least every 5-10 minutes, or more frequently according to individual needs
- A record of the time each child left in the care of the service sleeps, and checks made by adults during that time.

In regards to the National Education and Learning Priorities- Objective 1 (1)

Impacts of Policy on Staff, Parents, Children

This policy is underpinned by children's right to protection and wellbeing.

Alignment with the Centre Philosophy

This policy ensures a safe environment, a crucial part of creating and maintaining the well-being of children in our care.

Implications and/or Risks

Unsafe practices undermine quality.

Implementation

Clear procedures have been developed and staff trained to follow them.

Review

Review annually or when there is a significant change in the area of the policy topic.

Authorised by licensed service:	Greendale Kids Preschool Greendale Kids Nursery
Date:	8 April 2025
Review Date:	March 2027
Parents informed:	April 2025