**Sleep and Resting Policy**

**Rationale**

To ensure tamariki are safe and their wellbeing is maintained when sleeping and resting at Country Kidz through appropriate resting provisions and regular monitoring.

**Objective**

To ensure all tamariki have a safe sleep or rest in a secure place for every sleeping occasion at Country Kidz, which underpins our philosophy and maintains the wellbeing of our tamariki.

**Policy**

Country Kidz provides a holistic approach to early childhood development, which includes offering tamariki the opportunity to sleep or rest as needed during licensed hours. Country Kidz has a designated sleep room and can provide additional sleeping quarters in the play space when required.

Country Kidz follows guidelines from evidence-based research to protect tamariki from sudden unexplained death in infancy (SUDI). These principles include:

* Tamariki are placed on their backs to sleep or rest.
* Tamariki airways are kept clear during sleep or rest.
* Tamariki are provided with their own sleeping area, whether in a cot, on a mattress, or on a stretcher, depending on their developmental age.
* Tamariki are checked every five minutes if under two years of age and every ten minutes if aged two years and older, or more frequently according to their needs.
* Country Kidz is a smoke-free and vape-free learning environment, both indoors and outdoors.

Country Kidz offers a purpose-fit sleep room for tamariki who need sleep or rest during their day in our learning environment. On occasions when the designated sleeping place is full, additional sleeping and resting places are provided in the play space. When not in use, bedding and equipment are stored safely and hygienically.

Our cots, mattresses, and stretchers meet early childhood licensing criteria safety standards and have non-porous protective coverings. These are cleaned hygienically between uses. Each tamaiti has their own bedding, which is washed after no more than five sleeping/resting occasions. Sleeping and resting equipment is set up to allow independence for tamariki, ensuring one side of their bed has easy access to enable them to sit or stand up on their own after waking safely. This setup also allows sufficient air movement around the beds to minimise the risk of spreading illness and infection.

Our sleep spaces are checked in the morning and afternoon to ensure they adhere to licensing criteria regarding temperature, airflow, and cleanliness. No food or liquids are permitted or available to tamariki once they have entered their designated sleep space. Any cords, ribbons, or coverings that may cause risk are removed from tamariki before entering the sleep spaces.

Tamariki who are sleeping or resting are checked every five minutes (under two years) and every ten minutes (over two years) to ensure their warmth, breathing, and overall wellbeing. These checks are recorded and made available to parents and whānau through the Home app.

Country Kidz respects tikanga practices, ensuring tamariki sleep head-to-head or toe-to-toe. We recognise that tamariki often need help from kaiako to regulate themselves, including falling asleep. We use supportive, soothing, and positive reinforcements to help settle tamariki to sleep, such as gentle, repetitive actions on the head, arms, or tummy, proximity, lullabies, and rhythm.

**Implementation**

Country Kidz kaiako and whānau work together to ensure the successful implementation of our Sleep and Resting Policy by:

* Whānau providing appropriate information and guidance regarding the sleep and resting patterns of their tamariki.
* Whānau being informed about the Country Kidz Sleep and Resting Policy and the facilities provided during transition visits.
* Kaiako placing tamariki on their backs with their face up and feet to the bottom of the cot so that the infant can’t wriggle under the bedding during sleep, ensuring they are flat, level, and free from non-essential items, with clear faces.
* Mattresses provided are firm and flat and covered in a non-porous material that can be cleaned at the end of every sleep.
* Expectations associated with the Country Kidz Sleep and Resting Policy being made clear during kaiako induction processes, including the education of safe sleeping practices, best practice guidelines, and relevant documentation.

This policy ensures compliance with the Licensing Criteria for Early Childhood Education Services (amended September 2022) and the Education (Early Childhood Education) Regulations 2008 in New Zealand.

*Aligns with:*

*Licensing criteria for centre-based ECE services (amended September, 2022) (HS9-11)*

*Human Rights Act 1993 (amendment 2001)*

*Country Kidz Philosophy*

*Country Kidz Health and Safety polices [general]*

*Statement of National Education and Learning Priorities*

*Our code, our standards – Code of professional responsibility and standards for the Teaching Profession*

**Review**

Review when there is a significant change to legislature or as part of the annual management plan.

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| **Authorised:** |  |
| **Date:** | June, 2024 |
| **Next Review:** | Add to Annual Management Plan for May, 2025 not withstanding a change in legislation or criteria |