

Sleeping Tamariki Policy (HS 8-10)

Rationale

Tamariki will experience an environment where they are kept safe from harm while at rest and sleeping.

Purpose

To ensure a system is in place, for monitoring resting and sleeping tamariki, which ensures their comfort, safety, and well-being.

Guidelines

- While in the educator's home, tamariki must have adequate space and facilities in which to have undisturbed rest.
- Appropriate equipment must be available for tamariki needing to sleep during their time in care, i.e., cot, bed, stretchers, or mattress. These must be of a size appropriate for the child's height, and of a design that ensures their safety. Adults must have clear access to at least one side (meaning the length not the width). The area surrounding each child allows sufficient air movement to minimize the risk of spreading illness. Children who are able to sit or stand must be able to do this safely as they wake.
- If not permanently set up, furniture or items intended for children to sleep on, such as cots, beds, stretchers and mattresses, and bedding, is hygienically stored when not in use.
- Tamariki must not have access to fluid or food while in bed (or any other resting or sleeping place). Infants under the age of 6 months and other tamariki unable to drink independently are held semi-upright when being fed. Any infant milk food given to a child under the age of 12 months is of a type approved by the child's parent.
- Bed linen must be laundered in hot/warm water using laundry detergent when soiled or wet, and at least once a week.
- Tamariki must have their own set of sheets and blankets. A waterproof mattress protector must be used. Bed linen used by one child must be laundered using hot/warm water and laundry detergent before being used by another.
- Tamariki must be able to be supervised while sleeping. Educators must check and record sleeping tamariki for warmth, breathing and general wellbeing at least every 10-15 minutes or more frequently according to individual needs.
- No child may be isolated while in homebased care, therefore, doors must be left open in the room of a sleeping child.

Date Reviewed: September 2022

NELPS objectives 1, priority 1