



## **Sleep Policy – Kiwi Room**

At Acorn Early Learning Centre, we offer older children the chance to rest and recuperate their energy so that they may have a more productive and fulfilling afternoon.

### **Procedures**

- Each child will have their own bed linen which will be kept in a sleep bag and laundered at least weekly.
- At least one staff member will sit with the children and reassure them as they settle for sleep. Calming, soothing music may be played at this time.
- A daily sleep record is kept to record when each child goes to sleep and when they wake up.
- No child is to go to bed with a bottle or toys. Only a cuddly, pacifier or teddy approved by the child's parents may be in the bed as a comforter.
- Once all the children are asleep, a staff member will either remain in the room until the children wake or will be responsible for checking the children through the viewing windows every 10 minutes. The staff member will enter the room to check children if any child cannot be seen clearly for any reason or are covered by bedding.

Reviewed: December 2011

Next Review: December 2012