



Sleep Policy – Tui Room

At Acorn Early Learning Centre, we will endeavour to follow the same sleep routine that your child is having at home.

Procedures

- Each child will have their own bed linen which will be kept in a sleep bag and laundered at least weekly.
- Children will be reassured and may be helped to settle for sleep by a staff member rubbing their back, or sitting beside them.
- Every ten minutes staff will visually check the cot room by entering the room and checking each child individually for warmth, breathing and general well-being.
- A daily sleep record is kept to record when each child goes to bed, when they go to sleep and when they wake up. It also records the ten minute checks of each child in the cot room.
- No child is to go to bed with a bottle or toys. They will not have access to food or liquids whilst in bed. Only a cuddly, pacifier or teddy approved by the child's parents may be in the cot as a comforter.
- Children over the age of two will be encouraged to sleep on a bed in preparation for their upcoming transition to the Kiwi Room. This will be discussed and agreed with parents first.

Reviewed: December 2011

Next Review: December 2012