

Sleeping Procedures

Aim

To provide a safe and comfortable place where children can rest/sleep.

Rationale

To ensure that the children sleeping at Rural Scholars have a safe, comfortable environment where they can rest/sleep uninterrupted.

Procedure

- Teachers are guided by children's individual rhythms and routines, and are relaxed and unhurried.
- 4 cots, top cots for babies who are unable to pull themselves up, 6 stretchers are also available.
- Children are to sleep on backs or as they do at home.
- To ensure a great sleep, sleep sacks, appropriate snuggles, dummies or favorite toys are all part of child's sleeping routine.
- For full time children, bedding is changed at the end of the week. One off sleepers bedding is changed after each sleep.
- 5 minute checks will be carried out to ensure warmth, breathing and general well-being. Records of these checks and the times children go to sleep and wake up are maintained.
- No bottles/food to be given to children while they are in bed.
- Cots and stretchers are arranged and spaced when in use:
 - Adults have clear access to at least one side
 - The area surrounding each child allows air movement to minimize the risk of spreading illness
 - Children are able to sit or stand, can do safely as they wake.