

Sleep Policy



Policy Statement

We understand the importance of each child having individual routines. Although each age group will have their own room routines there will be opportunities to allow the children to have quiet time and allow them to rest throughout the day.

Parents often request for their child to have a nap throughout the day and staff will always accommodate these needs to ensure that tired children are allowed a safe and secure environment to do so in.

A recording system will be in place when a child is asleep which ensures the safety of the child and allows the staff to feedback to the parents about the length and time the child has slept.

Procedures

- All children who are sleeping will be under adult supervision and will never be left unattended.
- The area that the child is sleeping in will remain free from obstacles, well ventilated and will be safe and secure.
- Children will be made comfortable removing top clothes and footwear and that bibs are removed before the child is put down for a sleep.
- Appropriate bedding will be provided for the child with a covering sheet and a blanket. Bedding will be washed at the end of the day. Children have their own allocated bed linen.
- Where possible the child will use the same bed/cot throughout the day.
- Children must always be placed with their feet at the foot of the cot.
- Blankets should be tucked under the mattress.
- Babies should never be allowed to sleep in a bouncy chair.
- A member of staff will be responsible for recording the length of time the child is asleep and at what time in order to feedback to the parents.