

## Sleep Policy

When children are asleep whilst in the care of the nursery a member of staff must check on them every 10 minutes.

All possible attention will be given to ensure the child is both comfortable and safe. Staff will ask parents to confirm where they would prefer their child to sleep. The options are in a high sided cot in the sleep room or in the cosy corner in the main room (Snowdrop Room). The children have sleeping mats in all rooms to rest on that can be wiped down after each use to maintain good hygiene.

To maintain the safety of the children when they are sleeping staff will:

- If the child is asleep in a pushchair or pram then they will be secured by the seat belt in the pushchair to prevent accidents.
- No children will be put down to sleep with a bottle **or dummy** unsupervised in order to prevent the possibility of choking. Bottles **and dummies** must be removed when the child has fallen to sleep.
- Babies will be laid on their backs, clean and dry.
- Staff will ensure that children do not have any shoes, loose clothing, hair clips and anything that could be uncomfortable or pose a risk will be removed before any baby or child is laid down for a sleep.
- Sheets will be tucked in.
- For hygiene reasons bedding must be changed after each child has used them. A washing basket will be in each room to safely dispose of dirty/ used bedding.
- Children that attend nursery full time may have their own sheet and blanket which will not be used by any other child. This will be washed at the end of every week. Unless dirty or wet.

Babies or children are welcome to bring in their own comforters or blankets from home if this helps them settle.

If parents tell staff that they do not want their child to be put to sleep whilst at nursery, staff will respect this. If the child is showing signs of fatigue staff will try their best to ensure that the child is kept awake through exciting play activities or giving the child plenty of fresh air.

If the child still falls asleep then the child will be given a short rest for 20-30 minutes. Staff will explain why this happened to the parent on collection.

We aim to be flexible and consistent with home routines with regards to sleeps especially for the under twos. We do however, urge you to be aware that the nursery environment will differ from home and therefore sleep times could differ slightly.

