



Sleeping Child Policy

Rest/Sleep is an important part of ensuring a child's wellbeing.

NEW STARTER

Discussions will take place with parents/carers/previous setting regarding a child's routine. If a child needs to sleep this will be facilitated.

SLEEPING CHILDREN

- We offer the use of a ventilated, sleep room, which is quiet and can be made dim if necessary
- Children put on sleep mats to sleep, with blankets. Shoes are removed. Pillows are not used.
- Sleeping children will be checked frequently, and never left unattended.
- Children will be allowed to wake naturally, and if rousing is require, this will be gentle and with care.
- Sleep mats should be wiped after it has been used following the micro cleaning system used in the school
- A record of sleep will be recorded for parents information.

Reviewed by:	C B Shuttleworth, Nursery Manager
Review period:	Annual
Updated:	April 2019
Next review date:	April 2020