

Sleeping children policy

We believe that sleep time should be a non-stressful, pleasant experience for the children. To achieve this we will:

Cot Room

- Upon enrolment, parents will be asked to provide as much information as they are able pertaining to the sleeping habits/rituals and preferences of their child, and staff will undertake to use these whenever possible.
- The Centre sleep policy is to be included in the enrolment forms and endorsed by parents at this time.
- Child will (wherever possible) sleep in the same cot each time they are at the centre.
- Centre will provide bedding except when the parents wish to provide them themselves. The centre will implement procedures to ensure that the bedding is clean and that children do not share bedding.
- Parents (or centre where we are able) will provide familiar equipment to aid the child's settling eg. sleepy-Ts, cuddlies, dummies, teddies etc.
- Staff will stay with the children in the sleep room until such time as the child is either asleep or settled, secure and comfortable, depending on the needs of child or parents.
- Once the children are left the staff will monitor the sleeping children through regular (10 minute intervals) staff checks of the room, and the use of a monitor, which senses noise.

Beds

- Children who are old enough and only require 1pm sleep a day will sleep after lunch on beds (with sheets and blankets) provided by the centre.
- 2 staff will sit with this group of children until the majority are either asleep or settled, then 1 staff will continue to monitor this area.
- Early wakers will move either to the under 2 area or choose quiet activities in the 02 area until the majority of the children are awake.
- Children who don't require a sleep during the day will be asked to rest for a short time and will then get up and go to the under 2 area if appropriate, or choose quiet activities, so as not to disturb the sleeping children.
- At no time will the children have access to food or drink while lying in their beds