



## **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. Parents will have the option of allowing their child to sleep in a pram/pushchair, if this is their normal routine, however it will be discouraged to ensure all below safety precautions are adhered to.

### **SLEEPING CHILDREN**

- We offer the use of a ventilated, sleep room, which is quiet and can be made dim if necessary, or the conservatory if in pushchairs.
- Children will be put on sleep mats to sleep, with blankets if necessary. Shoes are removed. Pillows are not used.
- Sleeping children will be checked frequently, and never left unattended. Records will be kept every 15 minutes minimum.
- A monitor with sounds and visual panel will be used to ensure practitioners are always aware of sleeping child's environment and health.
- Children will be allowed to wake naturally, and if rousing is required, 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 parent's information.

Additional guidance is sought from the [Statutory Framework for the Early Years Foundation Stage \(September 2021\)](#) and from [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

<b>Reviewed by:</b>	C B Shuttleworth, Pre-school Manager
<b>Review period:</b>	Annual
<b>Updated:</b>	August 2021
<b>Next review date:</b>	August 2022