

## Sleeping children

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### Rationale:

Any child will have the ability and option to sleep when they need it. Parents sleep routines will be followed as closely as possible for all under 2's.

**Criteria:** HS9,10 & 11, PF33, 34, 37 & 38

### Procedure:

- Children are given the opportunity to sleep anytime throughout the centre opening hours – if required/requested.
- Our sleep spaces are positive and suitable for undisturbed rest, but they are NOT dark and quiet spaces.
- Children will not have access to food or any form of drink while they are sleeping, and teachers will check their mouths are clear of food before entering the sleep space.
- Parents are encouraged to bring in any comfort toy or sleeping aide to help their child sleep.
- While a teacher is not required to stay in the sleep room once all children are asleep, a teacher will be in the sleep space checking the individual child for warmth, breathing, and general well-being every 5-10 minutes.
- Under 2's will have the correct ratio of teachers to cover all children whether asleep or awake.
- A record of sleep will be maintained and updated regularly during the day via Storypark for the Under 2's or the Sleep Chart in the Over 2's
- All children are provided with individual beds and bedding.
- No child will be put onto a stretcher bed in a sleeping bag.
- All bedding & bags are laundered weekly at a minimum or when wet or soiled.
- Beds are cleaned daily with Germex.
- Floor beds will be spaced out with enough room between them, to allow an adult to sit, stand and allow the children to get off the bed without disturbing the person next to them.
- Children's linen will be stored individually in separate named bags.
- It is the responsibility of the staff member supervising the sleeping children to record the length of sleep of each child.
- Parents may request that a child cease having sleeps. Staff, in consultation with parents can gradually reduce the sleeping time of a child where appropriate.
- All children rising from rest/sleep with wet clothes and / or nappies will be changed immediately.
- No child will be left awake and alone in their cot or bed, this ensures they are always actively supervised.
- For cultural reason children are encouraged not to stand on pillows and are placed head-to-head or foot to foot, rather than head to feet.
- Under 2's will be supported to sleep if needed as per parents' instructions.
- Under 2's will sleep in a cot until it is deemed unsafe and in consultation with the family E.g.: they can climb out of the cot themselves.

- Teacher's will try for 30min MAX to support a child falling asleep. After this time, it will be deemed as restricting the child from independent thought and controlling behaviour from the teachers. We will work with our families if and were needed to alter this.