

## SLEEP POLICY

At Spring Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Keeping all spaces around sleeping area clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every toddler is provided with clean bedding
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Frequently check sleeping children for temperature, suffocation risk etc.
- Placing an adult near sleeping area at all times.
- Having a no smoking policy.

We ask parents to provide information on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a child has an unusual sleeping routine or a position that we do not use in the nursery i.e. sleeping on their tummies, we will explain our policy to the parents and ask them to sign to say they have requested we adopt a different position or pattern.

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

DATE:	REVIEW/READ BY:	SIGNATURE:
16/11/19	S NURUL H B S SAID	