Sleeping Policy & Procedure

Policy Statement:

We aim to ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment. Children all develop at different rates and we must meet their needs throughout the day at pre-school.

Children at Little Gregs have the opportunity to rest or sleep if they need or want to throughout the day. Staff create an environment for children to rest or sleep, i.e. a quiet area to cuddle up with a book, or sleep mats with a blanket. We listen to parents' wishes, however staff will never force a child to sleep or stay awake against his or her will. The child's needs are at the forefront of this.

Good Practice Measures:

Children who require a sleep will be given time for a calm transition into sleep after eating. The recommended time is to give children 30 minutes. By allowing this time for the food to digest and ensure that if a bowel movement is made, it happens before the nap. It also gives children's body time to 'cool down' after eating, meaning they will have a better quality of sleep.

Procedures:

- Children are settled with a staff member on a sleep mat and given a blanket if they want one. Shoes are removed and bulky items of clothing are taken off, to ensure the child doesn't get too hot.
- The member of staff will remain with the child, until they have fallen asleep.
- We ensure either a staff member is in the same area as a sleeping child or other staff, who are very close at hand, know a child is sleeping.
- All sleeping children are physically checked at 15 minute intervals.
- These checks involve:
  - Ensuring each child is well.
  - Ensuring the child is breathing.
  - Ensuring each child is not too hot or too cold.
  - Ensuring blankets are not wrapped around the child
  - A sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check (see attached).