



## **Sleeping**

### **Policy statement**

The nursery takes account of a child's individual routines and need for resting and sleeping. This applies to the children under the age of 3 years. The nursery does not use pillows for any sleeping children.

### **Procedures**

We follow these procedures to promote the safety of the children whilst sleeping and resting at the nursery.

- Before a child starts to attend the nursery, we find out from parents their children's routines and preferences, including sleeps.
- We record information about each child's routines on a care plan that is displayed in the baby room.
- We regularly consult with parents to ensure that our records of their children's routines are up-to-date. Parents sign the up-dated care plan to signify that it is correct.
- Each child will be provided with a bed sheet kept in a named sleep bag. Fresh sheets are given each week.
- Children will be placed on their back, however they may roll onto their front or side.
- Practitioners will remove children's shoes, bibs (if they are wearing one) and any wet clothing.
- Practitioners will check the child's nappy before laying the child down.
- The setting has 3 cots, 1 travel cots, a bed and pushchairs for the children to sleep in.
- Practitioners will check on each child every 10 minutes and record this on a chart outside the sleep room and also state which cot/pushchair the child is in.
- Children may bring in their own comforter for sleeping.
- Practitioners will ensure the room is ventilated by opening the window. If the room is cooler, there are blankets available for the children.
- On the occasion that the cot head needs to be raised, the 'propping' will be under the legs of the cot or under the mattress.