

6.10 Sleeping Children

Policy statement

Our policy is to work closely with the parents to ensure all children's needs are met. This includes children being able to have a sleep during the day if it is required.

Procedures

- We will encourage children to sleep during the day at the request of parents.
- A bed is provided in a quiet area for children to access - with clean sheets and blankets. Sheets will be washed weekly unless it is deemed necessary to be done more frequently. Each bed is labeled with the child's name so only that child will use that bed in between washes.
- Once a child is asleep staff will ensure they are safe, comfortable and covered over.
- A sleeping child must be frequently checked. Children will be checked at least every 10 minutes – this is recorded on a 'Sleep Monitoring Record' – together with times/date/child's name and signature of practitioner checking the child. When a child has a sleep this information is to be shared with parents/carers.
- Clean bedding is provided for all children as and when required.
- A staff member is always in the room with the child and in close proximity to the quiet sleeping area.
- Children will be encouraged to wake after the time stipulated by the parent (this depends on individual children and their needs).
- Children who are feeling unwell and have fallen asleep will have a member of staff with them at all times until their parent/carer arrives to collect them from the setting.

This policy was adopted/reviewed at a meeting of _____ Little Acorns _____ (name of provider)

Held on _____ 24th February 2021 _____ (date)

Date to be reviewed _____ January 2022 _____ (date)

Signed on behalf of the management committee _____

Name of signatory _____ Samantha Davies _____

Role of signatory (e.g. chair/owner) _____ Secretary _____