



Sleeping Policy

Statement of intent.

That children at Totterdown Preschool are entitled to be able to rest and relax when it is necessary, in a safe environment.

Aim

At Totterdown Preschool we make it clear at registration that we do not have designated sleep times, routines or sleep rooms and therefore if a child still has a nap then doing a full day with us may not be appropriate. However, if a child falls asleep whilst in our care then a safe environment will be provided and the parent called.

Method

- A firm, waterproof mattress will be provided that has a fitted sheet.
- Children are helped to take off their shoes before sleeping if possible.
- During sleep the child will be monitored and their temperature checked with a thermometer.
- If the child is laid down by a member of staff then they will be laid on their backs. However due to the age of the child they may wish to lay in another position.
- No blankets will be provided.
- Children will be placed to sleep in an appropriate area of the preschool where they can be within sight and sound of staff.
- The child's parent is called to advise them of the situation, and whether it is appropriate to collect them or leave them to sleep.
- All bedding will be washed after each child has used it and the mattress sprayed and wiped with antibacterial spray.
- Children are checked by a member of staff every 15mins and a log kept.

Agreed by

Review by

Read and acknowledged by staff at Totterdown Preschool 2026



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