

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 cosy and safe environment away from other children

Aim

The aim is to ensure that children are able to continue any sleep routine they may have at home if necessary and to provide an area that is away from other children where the child can rest and relax in safety and relative quietness.

Method

- An area will be provided if a child says/gestures they are tired or in need of some time on their own.
- Children are encouraged/helped to take off their shoes and jumpers before entering the sleeping arrangement ie this could be in a form of a tent or a mattress placed in a quiet area.
- Bedding is provided and will be washed after each child has used it.
- Children are checked by a member of staff every 15mins and a log kept. They are checked to make sure they are safe and not getting too hot.
- The child is allowed to take a toy/comforter into the area. Dummies are not encouraged but will be used if the child is upset and inconsolable.
- If using a tent the sleeping compartment door will be left open and the netting zipped up to prevent other children entering, however allows the sleeping child to be seen and helped out if necessary.
- A member of staff will be with the child, if necessary, to settle them.
- The preschool will endeavour to follow a parents/guardians wishes regarding their child's sleep time. However, no child will be made to sleep, and if a child has not fallen asleep and wants to continue playing they will be allowed to do so.

Agreed by Claire Childs and Shamira Lumsden

Reviewed on August 2021

STAFF ACKNOWLEDGEMENTS

I have read this policy and will adhere to it in future practice: