

## **Sleeping Children Policy.**

*Sleeping children must be regularly checked. There should be a separate baby room for children under the age of two*

*EYFS Statutory Guidance. Pg. 28*

### **Our policy for Sleeping children is : We believe:**

Children are often very busy and active whilst at the nursery. Children become very busy learning and often become very tired and need time to relax or sleep. We will ensure children's individual's needs are met and that children are given the space and time they need to rest.

Although we try to work with parent's interest at heart, we will allow children to sleep if they are tired and will not wake sleeping children. Key person's knowledge of individual children will be used and children's routines will be followed.

### **Our Procedures for sleeping children are: We support this by:**

- On induction parents will talk through any sleep routines with their individual key person.
- The child's key person will give the child one to one during them going to sleep and will follow the routine discussed during settling.
- Sleep routines as discussed by the parents will be followed, however if a child is tired at any point in the day they will be allowed to sleep.
- Children will be given space in a quiet part of the nursery
- Children will be constantly checked on throughout their sleep period
- Children will have their own bedding and linen.
- Children are able to bring in dummies or comforters.
- Children will be allowed to sleep without interruption.