



Sleep policy

Policy statement

St Helen's Pre-School identify the importance of offering children a quiet area where they may relax and have a sleep during the day. Children have the opportunity to have a rest in the quiet area of the room.

We complete a sleep care plan with the child's parents and we endeavour to follow the parents /child's timetable and we will try to implement the routine they have at home.

Procedures

- *The children will always be supervised during their sleep time and staff members will*
- *conduct physical checks on them to ensure they breathe normally and they are not hot or cold.*
- *The room is kept ventilated and warm.*
- *Bedlinen will be changed for each child; to prevent cross contamination.*
- *Outdoor clothing will be removed, for examples shoes and coats. Bibs will also be removed to ensure children have no restriction around their necks.*
- *Children will be allowed their comfort objects but staff members will ensure that they are kept away from children's faces during their sleep time.*
- *Bottles and beakers will be taken to avoid risk of drowning/suffocation.*
- *Sleep times will be recorded and staff members will check on the children and update sleep chart every ten minutes.*

Legal framework

Cots will conform to BSEN 216

This policy has been adopted by St Helen's Pre-School

Signed on behalf of the setting by:

.....Chairperson on behalf of St Helen's Committee
..... Manager

Date: July 2017

Review Date: July 2018