

SLEEP POLICY

We will respect parents' wishes regarding their child's sleep routines and times.

We have a separate sleep room with cots.

Children are checked every 15 minutes, a sleep monitor is on at all times and a record is kept of every child's sleep times.

Older children will use sleep mats on the floor in their classroom.

We provide cot and sleep mat sheets which are assigned to each child and changed after each child has slept. The sheets are laundered on the premises. These sheets are kept in the child's individual drawer when they are not at nursery.

Children may sleep up to 2 hours, unless a parent specifies otherwise.

Comforters such as dummies, cuddly toys and blankets are welcome.