

SLEEP POLICY

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

We have a designated sleep room with sleep pods that also doubles up as our sensory room.

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

Older children will use sleep mats on the floor in their classroom/ sleep room depending on space and how many sleepers we have.

We provide sleep pod and sleep mat sheets which are assigned to each child and changed after each child has slept. The sheets are laundered weekly off the premises. These sheets are kept in the child's individual pocket/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 thin (breathable) blankets are welcome.

Strictly no dummy clips, dribble bibs or any other items can be used or worn while a child is sleeping.

This policy will be reviewed annually by Emma Fowles, Nursery Manager

This policy was reviewed on: 1st July 2024

By: Emma Fowles (Operations Manager)