

Sleep management policy

Categories: Health & Safety

Last Modified: Jan 2025

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Policy Statement

Children's health, safety and well-being are supported at the centre.

Rationale

To ensure sleeping provisions support children's safety and well-being.

Objectives

1. There is a separate, enclosed sleep room for children which is adjacent to the main play area and is visible from the play area through the glass / window. An alternative sleeping area which is separate from the playing area, is well-ventilated by means of opened windows and provides a quiet environment for undisturbed rest is also available.
2. Each child is provided with a cot or mattress which is cleaned regularly.
3. Each child has his/her own bedding which is kept in a designated place.
4. Mattresses are spaced on the floor to allow adults and children to move freely between them.
5. Children have no access to food or drink in bed.
6. Children are left to naturally sleep in the Nursery, we discourage waking children unless they are oversleeping during the day. Children at Preschool are woken if parents' request this, at either 1 hour or 1.5 hours sleep.
7. Sleep areas are kept with minimal noise, to encourage deeper sleeping patterns. Music may be used as background noise, to reduce the sound in the sleep area.
8. A teacher is in attendance whenever the child is awake (either resting or preparing to sleep).
9. A teacher regularly monitors the children's warmth, breathing and well-being every 10 minutes and recorded. BAT: Breathing, Airway, Temperature checks.
10. The teacher records each child's beginning and end sleep time on the sleep chart in accordance with the Centre's sleep procedures. Sleep times are available for parents to view in the 'Xplor Home' app (available in the app store) or are recorded in the Under Two's notebook.

11. The sleep areas are not used for isolation of sick children.
12. In compliance with the policy on child protection, staff supervising sleeping children work in a team situation, monitoring each others' movements and children's needs.
13. This policy should be read in conjunction on the centre's Child Protection Policy on the prevention of child abuse.
14. In the event of an emergency where evacuation is required, teachers will wake all sleeping children and either walk with or carry children while following the Centre's emergency procedures. (In the Nursery area teachers can also move the cots if this is necessary in an emergency)

Related documents

- Child protection policy
- Emergency procedures
- Sleep procedure