

# *Mad Hatters*

## **Sleep Policy**

The Nursery can provide an opportunity for sleep and rest.

For children unable to sleep, time and space shall be provided for quiet play.

Most Pre-school children in all day care benefit from scheduled periods of rest. This rest may take the form of actual napping, a quiet time, or a change of pace between activities. Table games and other forms of quiet play are available in the Pre-school room.

In the very young child, favourable conditions for sleep and rest include being dry, well-fed and comfortable.

Children who are sleeping are given beds, sheets, and blanket, their shoes are removed and put at the end of their beds.

Babies are given a cot with clean bed linen etc.

Beds are then sterilized and all bed linen kept in a named bag and washed at the end of each week or sooner if required.

No child shares bed linen, and beds are sterilized between uses.

Children must never be left unattended whilst sleeping. Regular checks - 5 mins intervals must be made on the children to ensure their safety whilst sleeping.

Sleep sheets to be filled in for each child daily.

## **Sleeping Children Staff Ratio**

- At least one member of staff to be on duty with the sleeping children at all times
- Ideally two members of staff
- If only one member of staff available due to lunch breaks etc then the Nursery Manager checks every 5 minutes to ensure safety of staff and children
- Under no circumstances are the children to be left unattended