



Sleeping children Policy

When children are asleep whilst in the care of the nursery a member of staff will check on them every 10 minutes.

All possible attention will be given to ensure the child is both comfortable and safe. Parents may provide the child's usual security aids such as a dummy, blanket etc. Parent's wishes will be followed relating to how the child is positioned to sleep. – as long as these fit within the NICE guidelines around safe sleeping e.g. not on the child's tummy.

We aim to be flexible and consistent with home routines with regards to sleep especially for the under twos. We do, however, urge you to be aware that nursery environment will differ from home and therefore sleep times could differ slightly. No child will ever be forced to go to sleep and likewise no child will be forced to stay awake. Lack of sleep is detrimental to a child's development and can impact negatively on children's behaviour and eating habits. Should a parent request that a child must or must not sleep, the practitioners will discuss the needs of the child with the parent and reach a decision that ensures the child's needs are met effectively.

Date:

Signed on behalf of the nursery by:

The date for review: