



# Kiddie Kapers Nursery & Little Rays Day Nursery



## Sleep Policy

*This policy defines the arrangements for children sleeping within the Nursery.*

Children under 5 often need to rest or sleep during the day. We work closely with parents to try and match nap times at home and we are flexible to meet individual needs. This policy outlines ways in which we enable naps without posing a risk to the child. If a parent's routines do not match with good practice we work with the parent to explain the reasons for our policy and ensure that we can meet the needs of the child.

### Time of nap.

No child is forced to sleep or prevented from sleeping. We observe the children carefully and enable them to rest when they need to. We record the time and length of the nap for parents and try to match it to their requirements.

### Sleeping surface.

Children must sleep on a mattress or mat without any soft bedding such as duvets, quilts or pillows which are suffocation hazards. The child may be covered with a sheet or light blanket if needed but the baby's head must be uncovered. If a child falls asleep elsewhere such as a cosy area or in a pram they should be gently moved to a cot / mat.

### Sanitary conditions.

Children's cots / mats should be 18" (36" for under 2s) apart to prevent germs from spreading, unless there is a solid barrier between them. A clean sheet must be used for each child. There should be no stains or dirt on sleeping surfaces. If surfaces are contaminated eg by body fluids they must be sanitised. Ensure the temperature is appropriate. Only one child to a cot.

### Supervision.

An adult needs to be within sight and hearing of a sleeping child at all times. It is vital that under 1s must be in visual contact with staff as they are at heightened risk of Sudden Infant Death Syndrome. Our staff offer pleasant, responsive and warm supervision. Children are placed on their backs with their feet to the foot of the cot and may move to their own position once they are able to roll. Checks should be made every 10 minutes and recorded.

### Relaxation

Children are helped to relax. For example lights might be dimmed, soft music or a story tape played, a child might be stroked, a staff member might sit with a child or sing a lullaby. A child may need a particular toy so long as it does not pose a safety hazard. Children's cots should be in the same position every day. More active children are separated so they cannot wake children / bang into cots etc. Dummies are permissible if used at home.

### Personalised

As well as ensuring nap time meets the needs of the child, the space can also be personalised according to the preferences of the child. For example there may be pictures of familiar people where the child can see them. The child may be placed in the same direction each time, the cot is placed near the same friend each time, the same music box is played or same routine used.

### Waking

As children wake they should be taken out of their cot as soon as they show signs of restlessness and staff show signs of affection.

***This policy will be reviewed at least annually to ensure that it is relevant and serving the interests of children, their families and staff.***