



Safeguarding and Welfare Requirement: Sleeping children must be checked regularly.

### Sleeping Children in Nursery Policy

#### Scope and Purpose

At Westrop we are committed to allowing Nursery children to rest or sleep during the day when they need to. We provide a safe and well staffed environment to ensure the children are well looked after during this rest time. We provide individual sheets and blankets for each child and they are kept in their named drawers.

Date reviewed	Sept 2018
Reviewed by	Helen Hopwood & Gemma Redgewell
Review date	Oct 2019

#### Policy Statement

Westrop Nursery believe that young children must be allowed to sleep if they present the need. Children will be given a safe, quiet place to sleep at any time.

#### Procedure

The Nursery will provide a soft area for young children to sleep on. Children will be allowed to sleep at any time of the day and allowed to wake naturally. Staff may gently stir a child by talking close to them but not wake them suddenly. Sleep times will be communicated to parents every day and sleep times discussed. Parents will be encouraged to share sleep routines and needs with Nursery staff and have influence on daytime sleeping. The Nursery will allow the child to sleep if they deem it necessary. Sleeping children will not be left unattended. Sleeping children will be checked regularly and a record kept of the time they went to sleep and the time they woke. This will be shared with parents on collection. Bedding is allocated individually and will be stored in the child's named drawer, this will be washed at the end of each week or as required if it becomes soiled for any reason.

