



Little Acorns

LITTLE ACORNS PRE-SCHOOL

POLICIES

SLEEP POLICY

PURPOSE

Pre-school children get very tired during the day and require opportunities to rest and sleep within the day. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need and desire.

POLICY STATEMENT

Staff of Little Acorns Pre-school will ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

Children at Little Acorns have the opportunity to rest or sleep if they need or want to throughout the day. The staff will create an environment for the children to rest or sleep on the brown sofa and clean blankets will be provided.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.

SLEEP MONITORING

All sleeping children must be checked at 10 minute intervals. Staff who are working in the rooms are ALL responsible for checking the children.

Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that all sheets or blankets are not wrapped around the child

Signed

February 2017

Review date: February 2019