



## Tickton Pre-school and Play Pals, Sleeping Child Policy.

### Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS).

Quality and Consistency.

A Secure Foundation.

Partnership Working.

Equality of Opportunity.

Unique Child

Positive Partnerships

Enabling Environment

Learning and Developing

**EYFS – ‘Sleeping children must be frequently checked’.**

#### **Policy statement**

Tickton Pre-school and out of school club Play Pals will work with children and parents to ensure the rights and safety of children and to give them the very best start in life.

It is our policy that children may sleep as they require - to meet their personal needs.

- At parents request we will encourage a child to sleep during the day at particular times.
- A specific sleeping area with beds is provided at Tickton Pre-school, in a quite area, daily for children to access as required - with clean sheets and blankets (these are cleaned after each use, by the setting manager/or deputy manager).

## Tickton Pre-school and Play Pals Sleeping Child Policy

- We will endeavour to follow your child's timetable and, in the case of younger babies, we will try to implement the routine they have at home.
- Once a child is asleep staff will ensure they are safe and comfortable – children will be monitored regularly (see sleeping records).
- Staff members will conduct physical checks on sleeping children to ensure they breathe normally and they are not hot or cold
- **A Sleeping child must be frequently checked.** Children will be checked at least every 10 minutes – this is recorded on a 'Sleeping child record' – together with times/date/child's name and signature of practitioner checking the child. When a child has a sleep, this information is to be shared with parents/carers daily.
- Outdoor clothing (shoes / coats) and bibs will be removed so that babies and children are comfortable
- Clean bedding is provided for all children as and when required. Each child has their own sheet and blanket which are regularly washed
- We don't encourage the use of bottles and beakers in the cots as there is a health risk.
- Children will be encouraged to snuggle with their comfort objects from home. Staff members will ensure that they kept away from their faces during their sleep time.
- A staff member is always in the room with the child and in close proximity to the quiet sleeping area. Children will be encouraged to wake after an hour of sleep (this depends on individual children and their sleeping needs).
- Children who are feeling unwell and have fallen asleep will have a member of staff with them at all times, until their parent/carer arrives to collect them from the setting.