

SLEEPING CHILDREN POLICY

BABIES

The babies sleep in prams outside in the purpose built baby pavilion which is situated in the nursery garden. Each baby has his/her own named pram, individual mattress and individual bedding. The bedding is washed each week. The hoods of the prams are put up against the wind and an insect net is always used to protect the babies from cats, flies, wasps, bees etc. The babies are always secured in reins. Their comforter is given if required. Staff ensure babies are dressed appropriately for the temperature outside.

The Nursery policy is to place all babies on their backs unless a written indication to the contrary has been provided by the parent. This letter is kept on file in the Duckling Room and a note made on a chart displayed in the pram pavilion. A sleep checks form is kept with the staff member in the pram pavilion and staff always record the following details:

- the name of each baby
- the date
- the time the baby is placed in the pram
- that the reins are secure and are checked by another staff member
- which staff member has put the baby to sleep
- when each child falls asleep and wakes up.

Staff regularly check at ten minute (minimum) intervals that the baby is breathing, comfortable and generally well. When babies are asleep a staff member will be present in the pavilion at all times to record checks and ensure the baby's safety at all times. If only one baby is ready to sleep their pram will be moved to reception to be observed by the Manager, Deputy or Administrator. Once more babies are ready to sleep, then that individual will be moved to join the rest of the babies and the Duckling room staff member in the pavilion.

CHILDREN AGED FROM 1 TO 5 YEARS

This age group of children sleep on individual bed mats in their base rooms. Each child has their own named bed and individual bedding. The bedding is laundered each week. The bed mats are wiped with sanitizer spray on a weekly basis, usually when the bedding is laundered.

Base Room staff assist the children to sleep and monitor them until they wake up. A record is made of the time and length of each child's sleep. The children are given their comforter if required. Any child who usually sleeps, but does not sleep on a particular occasion is encouraged to first rest with the other children and then is able to get up.

The nursery recognises the UNCRC 'right to rest' and there will be no limit to the under 2's, who should have a minimum of 1.5 hours sleep.

We recognise that children's individual needs with regards to sleep can be quite different. We endeavour to be as flexible as possible to meet the individual needs of the **child**. Squirrels and Pelicans collaborate over the day, including sleep time, with the Pelican room being the 'sleeping room' and the Squirrels den being the 'awake room.' This means we are able to meet the individual needs of the children, regardless of their age.

The original policy was adopted at the Staff Meeting in May 2000. It is regularly reviewed and adjusted in April 19 to reflect the changes in Squirrels and Pelicans.

Signed on behalf of Nursery:
Next review date: May 2020

Date: April 2019