**12.5 Sleeping Children Policy**

Statutory Framework for the Early Years Foundation Stage

Quote Reference: 3:59

‘Sleeping children must be frequently checked’

Purpose of the Policy:

The purpose of this policy is to ensure parents/carers understand how Checkendon Pre-School C.I.O will support and monitor children who sleep during their attended sessions.

We aim to:

\* Provide an environment with a safe area where children can rest or sleep

\* Provide a warm and reassuring response to tired children

\* Respect parent’s wishes and support established routines where possible.

What parents\carers should do:

\* Provide the setting with your child’s sleep routine and any comforters required

to aid your child to fall asleep.

\* Read the sleep safe information and try to keep your child away from smoke

filled environment, do not sleep with your child in your bed or fall asleep with

them in a chair.

\* If your child falls asleep in a car seat do not leave them in there after the

journey ends. Sleeping children in car seats or pushchairs can affect your

child’s development.

\* Discuss any sleep problems your child may be experiencing with their key

person.

What we will do:

\* Ensure that there is an area of Checkendon Pre-School C.I.O where children can rest or sleep if they are tired.

\* Encourage children to rest/sleep in line with their parent’s wishes/routine,

although as our primary focus is that of the child, this may not always be

possible.

\* If a child wishes to sleep we will provide each child with their own clean

Pack away sleep mat and make sure their comforters are readily available.

\* Routinely wash Pack away sleep mats.

\* Check to make sure hair bobbles, or hair slides are not loose, if they are they

will be removed

\* We will endeavour to keep the room temperature at 18 degrees centigrade

and maintain good ventilation.

\* Check on sleeping children every 10 minutes and record the check on the

Sleep Record Chart

\* Remove soft toys – that may be used as comforters- once the child is asleep.

\* We will inform you of the sleep/ rest your child has had during their session.

\* Provide support for parents/carers who are having difficulty establishing a

sleep routine with their child.

Useful Information:

<https://www.oxfordhealth.nhs.uk/hv/0-1/sleep-routines/>

<https://www.hct.nhs.uk/media/4734/sleep-booklet.pdf>

<https://www.sleepfoundation.org/baby-sleep>

This policy was adopted by Checkendon Pre-School C.I.O On: January 2023

Date to be reviewed: Yearly January 2024

Signed on behalf of the provider Name and role of signatory: