



Gunthorpe Explorers Pre-School

Sleep Policy

Pre-School Sleep Policy

Aims

We have developed our sleep policy to ensure that all children who attend the Gunthorpe Pre-School have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Legislation and Guidance

The safety of children sleeping is paramount. Guidance on Sudden Infant Death from The Cot Death Society has been used in creating this policy.

This policy complies with our funding agreement and articles of association.

Our Sleep Practice

We make sure that:

- Gunthorpe Pre-School provides a cosy area with soft cushions and sleep mats
- The children are monitored visually when sleeping. Checks are made every 10 minutes and they are never left in a separate sleep room without staff supervision at all times
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light blankets and ensuring they are appropriately dressed for sleep to avoid overheating
- Only using safety approved suitable sleeping equipment that are compliant with British Standard regulations.
- Keeping all spaces around mats free from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with clean sleep mats/blanket
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to notify us about their child's sleeping routine on our All About Me form when the child starts at pre-school. If these arrangements change, parents must inform the setting.

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep unless deemed appropriate and in line with parental requests and routines. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Further information can be found at: www.lullabytrust.org.uk