

HARPOLE DAY NURSERY

Sleep policy

Harpole Day Nursery identifies the importance of offering children a quiet area where they may relax and have a sleep during the day. Children have access to a designated sleep room with cots throughout the day. After lunch, mats in the Bears room will be provided for those older children who wish to nap, although sleep room cots are available if your child still fits them! We are also happy to rock children to sleep in our push chairs, if this suits your child better. 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.

- The children will always be supervised during their sleep time and staff members will conduct physical checks on them to ensure they breathe normally and they are not hot or cold. The sleep room is linked by monitor to the main baby room.
- The room temperature in the sleep room will be maintained at 18-20 C steadily throughout the day. To ensure this, we will take temperature measurements and record them in an appropriate form.
- Babies will be placed in the cot on their backs unless there is a medical reason that necessitates for the child to be in a different position.

Outdoor clothing (shoes / coats) and bibs will be removed so that babies and children are comfortable

- 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.
- The use of a dummy from home is encouraged for babies under the age of one, in accordance with advice from the **The Foundation for the Study of Infant Deaths (FSID)**
- We don't encourage the use of bottles and beakers in the cots as there is a health risk.
- Sleep times will be recorded and staff members will check on the children and update the Sleep Charts every ten minutes.

Signed on behalf of the nursery

Date