



Crestwood Pre-school

Safeguarding and Welfare Requirement: Health

Providers must ensure there is a suitable sleeping environment.

Health

6.9 Sleep policy

Policy Statement

We are unable to cater for children who require a nap due to space limitations but will ensure a child remains safe and taken care of if they fall asleep whilst with us.

Procedures

- Any child that falls asleep will be placed in the book corner on soft flooring and placed on their back.
- If they turn over during their sleep, we allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- We will ensure any coat, shoes or anything that could restrict their breathing will be removed to ensure the child is comfortable.
- We will ensure a staff member remains in the room with a sleeping child.
- The sleeping child will be checked every 10 minutes and a sleep observation will be undertaken each time.
- During each sleep observation a staff member will get down to the child's level and place their hand on the child's chest to ensure they are breathing and not too hot.
- The sleep observation chart will be displayed on the wall in the book corner and will be signed after each 10 minute check.
- Any child that has fallen asleep due to illness will be sat with to ensure constant monitoring and the parent/guardian will be phoned to come and collect the child.
- We will ensure the room temperature remains between 16-20 degrees.
- The book corner will be sectioned off to ensure no other children are able to disturb the sleeping child. Books will be available in other areas of the pre-school.
- A child will be woken gently after an hour by their key person or buddy. They will be given some TLC, a drink and offered a snack.
- Parents will be informed that their child has had a sleep, the time they fell asleep and woke up.

This policy was adopted at a meeting of Crestwood Pre-school Committee

Held on _____ Date to be reviewed _____

Signed on behalf of the management committee _____

Name of signatory _____

Role of signatory _____