



Safe Sleep Policy

All staff are informed of our sleep policy at induction and we ensure that staff ratios are strictly adhered to at times of rest and sleep.

Sessional children do not require a nap as they only attend 3 - 3.5 hours

Each classroom has facilities for children to rest. This is comprised of a cosy corner with small armchairs, mats, blankets and cushions where a child may rest if they need to during the day.

If a child falls asleep due to illness they are put into the cosy area to rest and their guardian is contacted. Staff then check on the child every 10 minutes at a minimum while waiting for their guardian to collect them.

Part time and Full time children have access to a mat on which to rest within the room that they are normally situated. Children who are not sleeping are occupied by a quiet activity such as drawing, play dough or a story. The lighting is dimmed and blinds drawn to ensure a restful space. The mat is kept accessible to staff on all sides to ensure safety standards.

A pillow is available and clean bed linen is available to each child. The bed linen is stored in a draw string bag with the child's name on it for the next use or laundered as appropriate. The mat is then cleaned with disinfectant spray after each use.

The temperature of the room is kept between 16-20 degrees and the child is checked at least every 10 minutes for overheating, colour, position, room temp and breathing rate. This is recorded and kept on file.

Review:

Management, in consultation with staff, monitors and reviews the effectiveness of this policy yearly or as required.