SLEEPTIME POLICY

We at Wishing Well Family Centre recognise a child's need for sufficient sleep. We encourage those babies/children in baby & toddler room to have at least one sleep per day.

To ensure that each child gets sufficient and peaceful rest in a safe environment the following procedure will be followed –

BABIES

- All babies will be put into a cot in the sleep room, lying on their back unless otherwise notified by parents/carers
- Bibs will be removed
- Footwear will be removed
- Bottles are not permitted in the sleep room
- A baby monitor will be in use between the baby room and sleep room and will be switched on at all times when a baby is in the sleep room
- Sleep room temperature will be regularly monitored
- Babies individual comfort items can be taken into the cots
- Ten minute checks are made on all babies sleeping in the sleep room and recorded by staff
- Parents will be informed on a daily basis of their child's sleeping times

TODDLERS

- All children will sleep on low level beds
- Footwear will be removed
- Bibs will be removed
- Room temperature will be regularly monitored
- Children's individual comfort items can be taken to bed
- Lights will be switched off in the sleep area
- Two members of staff will stay with the children until they are all sleeping
- Parental wishes or requests that form part of a child's sleep routine will be adhered to e.g. rubbing child's forehead
- Ten minute checks are made and recorded by staff
- Parents will be informed on a daily basis of their child's sleeping times