

Promoting health and hygiene

2.5 Sleep/napping

Policy statement

We recognise that some children may need rest in order to manage a longer nursery day. We will provide napping facilities for children who are staying for a long day. We also recognise that on occasion some children may fall asleep during their normal session.

Procedures

We follow these procedures to promote safe sleeping in our setting.

- Before a child starts to attend the setting, we find out from parents their children's usual nap time habits. Our aim is to help children sleep without the requirement of artificial props such as head stroking.
- We have limited facilities for napping and will discuss our timings with parents.
- We provide nap facilities in the gingerbread house.
- We provide individual firm mattresses and a sleeping bag with an incorporated pillow. Blinds will be drawn to darken the area and the room will be a comfort temperature checked by the supervising adult.
- Children will be encouraged to go to sleep on their backs and parents advised that whilst no longer a baby, this is still the safer sleeping position.
- Children will be supervised at all times during the napping period.
- Bedding is washed weekly and as necessary. Individualised bedding is provided for each napping child.

Children whom fall asleep during the session

- If appropriate the child will be manoeuvred into a safe space for sleeping.
- Parents will be called to collect the child.

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