



Sleeping Policy

At Windsor Kindergarten we understand the importance of sleep and rest. All parent or carers will be given an 'All About Me' form when their children commences at the nursery. Part of the introduction to nursery is to gain knowledge of your child's individual routine and their sleep and rest time periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

At Windsor Kindergarten we follow Safe Sleeping Guidance:

- The nursery has a 'Sleep Chart' document and children are monitored every 10/15 minutes during their sleep time. This is signed by the member of staff at each interval.
- A member of staff is present at all times when children are sleeping / resting.
- All children's mouths are checked for foreign objects before going to sleep to avoid choking,
- The room is well ventilated, with room's temperatures of 16-22c (recommended guidelines), however this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in playrooms to ensure temperatures are monitored and this information will be used to report temperature concerns to management.
- Children use sleep mats/sleep pod.
- Children are placed to sleep on their back with their feet towards the bottom of the sleep pod, unless specifically request by parent or carer of a different position documented on commencement of the nursery.
- Light bedcovers may be used if appropriate and are firmly tucked in and no higher than the child's shoulders, thus preventing them wriggling under the cover.
- Sleep mats are not placed by radiator or window.

After each sleep, the bedding is changed.

Safe Sleeping Checks: Whilst Sleeping

- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure they are not too hot or too cold.

Settling Sleepers:

- The child's sleeping routine is discussed with the parents.
- Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with your child's personal belongings.
- If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes.
- A member of staff will settle a child.
- Staff will sit with a child and pat/stroke their stomach or back or stroke side of face as requested by parent/carer.
- Staffs attend annual safeguarding training and appropriate methods of comfort is regularly reviewed.
- If a child settles themselves' than a member of staff will sit close to the child.
- Where appropriate soothing music may be played.
- The nursery will not allow a child to consume milk from a bottle in a mat bed as a soother for settling to sleep.
- Rest Time: During the period of 11.30pm-2.30pm the nursery has a 'quiet time'. This allows children to have a rest time or engage in activities which require less physical input after their midday meal. Staff will provide circle time groups, literacy activities such as story time, story CD, and puppet/role play time. Small group time games like lotto, memory games.
- Most children by the age of the preschool room (3-5yrs) tend not to have an afternoon sleep, however if your child requires a sleep then staff will arrange for the child to either sleep in their own room or join the 'sleepers' in the Little Explorers room.

Policy reviewed September 2023