



Totterdown Preschool

Sleeping Policy

STATEMENT OF INTENT

At Totterdown Preschool we understand that rest and sleep is important for childrens development and well-being. Parents / carers will be informed of the Preschools environment and introduced to the sleeping area provided within the main hall. Our hall holds a sleeping area created by the use of a tent, and mats, this is to form a separate yet safe environment for either quiet time or sleep.

METHODS

- ❖ Practitioners are encouraged to learn each individual child's signs of tiredness, through observations of the child's behavior and through discussions with parents/carers.
- ❖ Information will be gathered from parents/carers about their child's individual sleep routines and these will be followed as much as possible.
- ❖ Children will not be forced to sleep if they do not wish to and likewise will not be forced to stay awake if they are exhausted.
- ❖ All sheets and blankets are washed after a child has used them.
- ❖ Sleeping children are regularly checked and there is always a member of staff supervising them.

Agreed by Claire Childs, Shamira Lumsden, Melissa Chantry, Diana Khatib

Reviewed : July 2017

Amended : December 2017

STAFF ACKNOWLEDGEMENTS

I have read this policy and will adhere to it in future practice: