



Sleeping Children Policy

At Lavington pre-school we understand that children aged 2-5 years old will still need to sleep sometimes during the day. This allows children to remain healthy, to grow and achieve. We will ensure that children can sleep safely in the setting when necessary.

- A suitable bed and bedding will be available to children if needed. Children will also be given the choice to sleep in the quiet area.
- The bed is kept in the storage cupboard when not in use.
- When the bed is required, it will be set up in a quiet, visible area of the playroom, within sight and hearing of staff at all times.
- Children are encouraged to use the toilet before sleeping. A child's nappy will be changed before sleeping if required.
- If available and the child wishes to, they may take their comforter when laying down to sleep.
- Sleeping children will be checked regularly by a member of staff at least once every 20 minutes.
- We will inform parents/carers at the end of a session if their child has slept and for how long.

See also Safeguarding Children and Child Protection Policy.

The Manager and Chairperson are responsible for monitoring and evaluating the policy.

Reviewing the Sleeping Children Policy: The Chairperson is responsible for overseeing the annual review.

The Lavington Pre-school Sleeping Children Policy was adopted on:

Date: **Signed:**

Name: **Post:**

The Lavington Pre-school Sleeping Children Policy was readopted on:

Date: **Signed:**

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