



Sleep & Rest Policy:

The staff at Ducklings Childcare Ltd understand that rest and sleep is as important to babies and children as food and drink. 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. This includes having access to comforters and sleeping positions.

Activities and daily routines are planned to allow adequate time for children to have opportunities for both active times and restful periods. Each room provides a quiet area where children can go independently if they are tired or in need of a rest.

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. If children choose not to sleep, they will be encouraged to have a quiet time after lunch when other children are sleeping. Resources such as reading stories, jigsaws or mark making activities will be available at these times.

Children will be encouraged where possible to sleep in cots or on sleep mats rather than in pushchairs or prams unless requested by parents. This is to allow children maximum growing room and to prevent any spinal problems occurring in young babies.

The babies always sleep on their back in a cot with their own sheets and blankets which we provide. All sheets and blankets are washed at the end of the child's week or as and when needed. Sleeping children are regularly checked and there is always a member of staff supervising sleeping children. Children under two will be in a separate baby room to sleep.

The only time children sleep outside is if babies fall asleep in their buggies whilst having a walk around. The babies are securely harnessed in their buggies and the seat is laid down flat, depending on the temperature. They are either left outside being supervised by a member of staff or they are brought inside and supervised.

The room temperature is monitored throughout the day to ensure there is a comfortable temperature of around 65°F/19°C.