

Woodley

Pre-School

**39 Safe Sleeping Policies**

**Policy Statement**

All parent or carers will be asked on their visit about their child’s sleeping habits. Part of the introduction to pre-school is to gain knowledge of your child’s individual routine and their sleep periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

Most children by the age of coming to pre-school (2 years 9 months-5yrs) tend not to have an afternoon sleep, however if your child requires a sleep then staff will arrange for the child to have access to a sleep mat within a safe space in the classroom.

**Sleeping Guidance and Our Procedures:**

* The pre-school 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 before going to sleep.
* The room is well ventilated, with room temperatures of 16-20c (recommended guidelines), there is a thermometer in the room to ensure temperatures are monitored.
* Sleep mats are regularly checked for any signs of damage. Mats are regularly turned and aired.
* After each sleep the bedding is changed.
* 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 cold.