

Little Rainbow Nursery

Sleep Time Policy

Children in the under 2's section will be checked every 15 minutes after they have gone to sleep.

A sleep record sheet will be kept for each sleep time and on this what time each child was checked. Comments/concerns will be recorded. Such comments/concerns for example; coughing in sleep, crying to sleep etc.

Parents will also be informed of children who are finding it hard to rest during the day.

Babies must be covered with a thin layer of blanket, making sure that they can turn it if needed. Blankets must never be doubled. Children/babies must never have their heads covered at rest time. Please note overheating can cause cot death.

Babies must be put sleep on their side or back.

Sleep room should be calm and quiet for sleep time.

Soft music and light turned down will be used to help children.

Children who do not want to sleep will be encouraged to rest.

Quiet activities will be provided for children who will not go to sleep.

Parents must be informed if the child's sleep pattern is restless.

This policy was adopted on: April 2021

Date for review; April 2022