

Home-grown in Malvern Sleeping Child Policy

We understand that it is important for your child to feel settled when attending the setting, and we recognise how this can be achieved by establishing a familiar routine as this is what they are used to. We will discuss with you in detail the sleep routines you have established for your baby/child and how we can best accommodate them into the setting's environment. These discussions will need to be on going as the sleep needs of your baby/child will change as s/he grows and develops.

We will work alongside parents to provide a sleep routine for their child that fits their requirements. We will need to know the following information:

- How many naps your child normally has and for how long?
- What times during the day does your child sleep?
- When is the latest we can let your child sleep until without it affecting their night-time routine?
- Do you want me to wake your baby after a certain length of time or can we let him/her sleep on?
- What routine do you have to settle your child?
- Do they have a dummy or comforter?
- Where does your baby prefer to sleep?

We provide cots, blankets, sheets, baby monitors, pushchairs and calming sleep music/sounds. All children who need a sleep in a cot will have their own individual sheet to sleep on to prevent cross infection, and all sheets will be washed at the end of each week. When babies/toddlers are placed in a cot we make sure that they are lying on their backs with their feet touching the bottom of the cot. Any blankets used will be loosely placed on top of them, making sure it is not tightly wrapped around them. We also make sure that their sheets are tightly put onto the mattress to prevent them from coming off, and also that nothing is in reach of the children. The rooms are well ventilated and the temperature of the room is monitored regularly to make sure it is not too cold or too hot. We will regularly check your child when s/he is sleeping at 10 minute intervals, both in person and by using a baby monitor. We will record the total time your child has slept, which will be written in their individual Focused Learning Books.

We all know that being woken up abruptly is not a pleasant experience, therefore when waking up the children from their sleep we ensure we do so gently. We call the child's name and softly stroke the child's back. If there are not other sleeping children in the room we may open the curtains to let in natural light.

If you ever have any concerns over your child's sleeping routine please do discuss them with us and we can make arrangements to change times etc if necessary.

Signed:

Date Reviewed: