



Promoting Health and Hygiene

Sleep Policy

Most preschool children tend to follow the pre-school routine, however a child may go to sleep at their own convenience. Scalliwags Pre-School recognises that the welfare of the child is paramount, and it is important for young children to get all the sleep they need. Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or rest after lunch each day.

When a child falls asleep:

- The child is moved to a suitably quiet area if not already there. Use may be made of the portable bed.
- If needed the child will be covered with a cot blanket. It is recognised that comfort blankets and soft toys give enormous comfort and reassurance to small children. They may bring these into the setting.
- Sleeping children are never left unsupervised.
- Child's parent/carer will be contacted and asked what action they would like the pre-school to take. Parents will be fully informed of the circumstances in which the child has fallen asleep. The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met. A parent may prefer that a child is not left to sleep for significant period so as to interfere with their night routine.
 - If the parent requests the child be left asleep, then the appropriate sleep checks* will be made every 15 minutes.
 - If the parent wishes the child to be woken up this will be done by gently calling the child's name, never with physical touch.
 - If the parent wishes to collect the child, the appropriate sleep checks* will be made every 15 minutes until the parent arrives.
- * Children will be placed on their back or side;

Scalliwags Pre-School CIO

The Village Hall, Bush Road, East Peckham, Kent, TN12 5LL

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- *Children's faces will be kept free at all times;
- *Children will be kept at an appropriate temperature;
- Children who fall asleep due to being unwell will be monitored constantly until the parent/carer collects.

- This policy was adopted at a meeting of

Held on _____ (date)

Date to be reviewed _____ (date)

Signed on behalf of the management committee

Name of signatory _____

Role of signatory _____

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