

**ABC NURSERY POLICIES AND PROCEDURES**  
**POLICY 17: Sleep**

- 17.1 ABC Nursery will consult parents as to whether or not their child will need a sleep during their day / session prior to their child's admission. They will also consult with parents regarding the length of sleep and time/s of sleep/s.
- 17.2 If a child needs to rest them it will be given the opportunity to do so at any time during the day when the need arises. Children here will be able to sleep as their needs arises and not at the convenience of the nursery routine.
- 17.3 However, as a general rule sleep time will be straight after lunch. At this time all children will be given a time to rest / sleep. Rooms will be left open for play for those children who do not wish to rest.
- 17.4 Travel cots will be available for the younger age range of children to sleep in. Older children will sleep on mattresses/beds laid out on a carpeted floor.
- 17.5 Beds/mattresses will be laid out for the child and arranged as such to try to minimise the risk of cross-infection between children.
- 17.6 Children will have their own bag containing sheets. These alongside the blankets will be washed regularly.
- 17.7 Staff will ensure that children sleeping have appropriate warm bedding in cold weather and are kept cool in the warm weather.
- 17.8 After their sleep children are allowed time to wake and are not rushed.
- 17.9 There will always be a member of staff supervising the children in quiet room Staff will record the times of daily sleep patterns for each child and inform parents on a daily basis.
- 17.10 Regular checks of the children sleeping will be made by the member of staff supervising the children sleeping.
- 17.11 Staff are made aware of the need of help during emergency evacuation in the event of fire to evacuate children who are sleeping.