

Apple Tree Day Nursery
Sleeping Children Policy & Procedure.

Staff will always try to take parent's wishes into account when dealing with sleeping children, and follow their individual routine. For children under the age of 2 years we allocate a sleep time between 12:15pm - 1:15pm. Children over the age of 2 years will sleep in the "quiet area" of the Pear Room, or on a cushion in the carpeted area of the baby room. Babies may also sleep on a bouncy chair appropriate for their weight and secured at all times.

Children under the age of 2 will not normally be left to sleep for periods longer than 1.5 hours, unless requested or indicated by parents/ carers and children over the age of 2 - 1 hour.

All children will be monitored by staff every 10 minutes. The times that the child gets put down to sleep, wakes up and monitoring checks, will be recorded by staff. This information is available to parents/ carers at all times and will be checked periodically by The Nursery Manager.

Unreasonable requests by parents will be discussed with the Nursery Manager and alternatives sought. E.g. - children going to sleep with bottles, babies being put to sleep on their tummies. Nursery staff will not carry out requests of parents/ carers if they feel that it could put the child in any danger.

All bedding used for children's cots & cushions will be changed after each use to avoid cross infection.

Reviewed and agreed on

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Next Review Date

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