

COMMUNITY KIDS PRE-SCHOOL & AFTER SCHOOL CLUB

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Sleeping Policy

Statement of intent

As a pre-school we can only provide limited sleeping arrangements in one room, a quiet area can be provided with a soft mat if needed.

No child will be left unattended while asleep in quiet area.

Aim

We understand that children may need to rest during the day our setting will ensure that the children feel at ease to relax after lunch. We have a mindfulness session for half an hour where we listen to meditation music, this lets their bodies relax. Occasionally a child will fall asleep.

Risk Assessments

A risk assessment is done to ensure sleeping children are safe and secure at all times.

At least every 15 minutes the key person will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed.

No heavy blankets or pillows will be used.

Children over 2yrs old

- Children sleep on rest mats.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- A separate area is made quiet, perhaps with soft music playing and curtains drawn.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable, they are not left to sleep in a buggy or bouncy chair.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff

Young children

- Nappies are changed and heavier clothing is removed.
- Hair accessories with parts that may come loose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the room is made as quiet as possible, perhaps with some soft music playing and curtains drawn.
- Young children are settled by their key person. They are soothed to sleep. Key persons may stroke or very gently pat children.
 - Sleeping children are supervised within sight and/or hearing of staff at all times.

Further guidance

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

Adopted by **Jo Goodland** on 27/07/2022

Date to be reviewed _____

Signed on behalf of the provider _____

Name of signatory _____

Role of signatory (e.g. chair, director or owner) _____