



Kingsdown Pre-school Sleeping Child Policy

Children only attend Kingsdown Pre-school over the age of 2 years.

At Kingsdown Pre-school we recognise that some children over 2 years will require regular sleep during the day. However, due to the limited facilities of the pre-school premises, children are not regularly offered sleep at pre-school. If a child regularly has a sleep during the day then parents/carers are advised that they only attend for half a day, either a morning or afternoon session as appropriate.

If on occasion a child becomes tired and needs a sleep at pre-school, providing the parents/carers are happy for that child to sleep at pre-school, the following procedure will be followed:

- The supervisor will be informed
- The 2 year area will be cleared and the divider brought round so children playing nearby do not disturb the sleeping child
- The dedicated sleeping mat and blanket will be used
- A sleeping child record will be started, recording the time the child fell asleep
- The child will be checked at least every 10 minutes to ensure they are safe and this will be recorded and signed in the sleeping child record
- Parents/carers informed regarding their child's sleep verbally, on collection of their child
- The sleeping mat and blanket will be cleaned appropriately afterwards

Parents'/carers' wishes are always respected and staff work closely with them to ensure each child's individual needs are met. Some parents/carers prefer their children to only have a short sleep to ensure it does not have a detrimental effect on their night time sleep and this will be taken into account provided it is also clearly in the child's best interests.

If the child is unwell then parents/carers will be requested to come and collect their child. The procedure above will be followed until they arrive

This policy was reviewed by pre-school on 21 April 2022. It will be reviewed annually or sooner if required

Signed on behalf of the pre-school A Bridges
Chairperson Kingsdown Pre-school