

Sleeping Children Policy



Magdalen Gates
Preschool

Magdalen Gates Preschool identifies the importance of offering children a quiet area where they may relax and have a sleep during the day. Children will have the opportunity to sleep on mats in the carpeted areas of the play rooms.

We will endeavour to follow individual children's timetables and we will try to implement the routine they have at home.

Procedures

- ❖ Children will always be supervised during their sleep time.
- ❖ Staff will conduct physical checks on them to ensure they breathe normally and are not hot or cold.
- ❖ The room temperature in the area will be maintained at 18-20°C steadily throughout the day. We will take temperature measurements to check
- ❖ Outdoor clothing will be removed so children are comfortable
- ❖ Children will be allowed their comfort objects but staff that these are kept away from children's faces during sleep time.
- ❖ Sleep times will be recorded and staff will check on the children and advise parents at the end of the session on sleep patterns.

Policy updated July 2015