**Wren’s Nursery Sleep Policy**

**Purpose of the Policy**: The purpose of this policy is to ensure parents/carers understand how Wren’s Nursery will support and monitor children who sleep whilst accessing the Nursery.

We aim to:

• Provide an environment which has areas where children can rest or sleep

• Provide a warm and reassuring response to tired children

• Respect parent’s wishes and support established routines where possible. What parents\carers should do:

• Gain information from parents about each child’s sleep routine and any comforters required to aid your child to fall asleep. We will also discuss any sleep problems your child may be experiencing.

• Encourage children to rest/sleep in line with their parent’s wishes/routine, although as our primary focus is that of the child, this may not always be possible.

• If a child wishes to sleep we will provide each child with their own clean bedding and make sure their comforters are readily available.

• Sanitise mattresses after each use

• Check to make sure hair bobbles, or hair slides are not loose, if they are they will be removed

• We will endeavour to keep the room temperature at 18 degrees centigrade and maintain good ventilation. The mezzanine level can get very hot in the summer. If this is the case children may sleep in the downstairs playroom ensuring the other children do not have access to them.

• Check on sleeping children every 10 (every 5 on occasions there is not a member of staff permanently upstairs) minutes and record the check on the Sleep Record Chart

• Provide support for parents/carers who are having difficulty establishing a sleep routine with their child.