

Once Upon A Time Nursery  
56 Railway Terrace  
Llanelli  
Carms  
SA15 2RH



Website  
[www.llanellinursery.co.uk](http://www.llanellinursery.co.uk)  
Phone  
01554 785 173  
Email  
[enquiries@llanellinursery.co.uk](mailto:enquiries@llanellinursery.co.uk)

## Sleep Policy

We try to follow a child's individual routine wherever possible. Sleep patterns vary from child to child therefore there is no set sleep time, when a child is tired he/she will be able to sleep. Please do not hesitate to ask for advice and support about your child's sleeping.

When a child is showing signs of requiring sleep the following procedure will be followed:

The key person will ask the child whether they would like a sleep (whatever the age)

Each child has a clean sheet provided for them.

The child's shoes will be removed and they will be made comfortable.

Staff will talk to the child all the time explaining what they are doing.

If a child likes to be held the staff will sit with them and cuddle them.

A child will be encouraged to go to sleep by stroking their face or whatever their individual comfort is.

If the child is not asleep within 20 minutes staff will ask if the child wants to get up and may try again later if needed.

Daily records of what time a child went to sleep and what time they woke

up are kept and passed on to the parents in the communication books.

Checks will be made and recorded every 10 minutes on sleeping children.

A child will be left to sleep as long as they need. If a parent/carer wishes their child to be woken after a certain time, this will only be done if the child can be woken easily by gently talking to them. A child will never be forcibly kept awake.

If the sleep mats are used these will be wiped with antibacterial cleaner after use.

### **Babies**

In addition to the above procedures:

Babies will always be put to sleep on their back in the 'feet to foot' position.

The area surrounding the cots will be kept clear.

We will avoid rocking a baby to sleep in a pushchair, alternative means will be tried first. When a baby will only sleep in a pushchair the chair will first be covered by a sheet and the safety restraints will be used.

Sleep areas will be kept at a comfortable temperature, 18 degrees is the optimum and light sheets and bedding will be provided to prevent over heating.

We have a strict No Smoking Policy.

Cots should be thoroughly wiped with antibacterial cleaner in between use by different baby or at the end of the week.

