SANDCASTLES POLICY

*SAFEGUARDING & PROMOTING CHILDREN’S WELFARE*

SLEEPING CHILDREN

Occasionally children can exhaust themselves (for whatever reason) and fall asleep.

We make them comfortable on a cushion or on a staff lap and let them take a short **nap.**

We inform the family as this child is collected. If we feel this tiredness might indicate ill health we telephone the family to inform them.

A young child arriving at 8.00am and staying here for the day may well **need** a planned / proper sleep. We work with parents to avoid children nodding off late in the afternoon or falling asleep in the car on the way home. Children’s wellbeing can fall when basic needs are not satisfied with tired children becoming restless, disengaged and distressed if too tired as the afternoon progresses.

Therefore (with parents' permission and advice on duration) :

At **12.30pm.** promptly as lunchtime ends,

* Staff place mattresses in Mezzanine roomwith individual colour coded bedding & close blinds,
* Children are accompanied to the **bathroom** if appropriate,
* Heavy jumpers, shoes and anything which could form a **hazard** e.g. necklace are removed
* **any comfort blanket / dummy** / particular **toy** from home is offered to the child ?
* make the child comfy and **settle** them down (singing / patting whatever required),
* **monitoring** device on and staff agree on who is listening to the monitor (often cook/office staff)
* complete **log** outside the door - name, day, time,
* **inform other staff** if children sleeping so all are alert to monitor and aware,
* **staff then physically check the sleeping child** every 15 minutes and noting on log, the staff member who put the child to sleep in responsible for this unless they explicitly ask another member of staff to complete this task.

**On waking,** reassure the child, replace shoes & tabard, check if they need a drink or bathroom etc. Encourage them back into Nursery activities so they will be **tired again** before bedtime.

If asked by parents to wake a child – we will open the curtains, loosen their blanket and set the door ajar to allow the child to slowly stir – we do not hurry children who are waking, if children continue to sleep in full daylight with the door open we will not take any further action to waken them as this would be disrespectful when they clearly need more rest.

At the start of each term key people check with parents if their requests for daytime napping have changed. We have no set rules nor preference. By the April before joining school we hope to help families develop a sleeping pattern compatible with the school day.

Helen O’Hagan Monday, 30 December 2024. To be reviewed Oct 2020