



Policy statement

At Home from Home Childcarers, we have a dedicated darkened Sleep room for our babies (aged 0 – 2 years) which is situated next door to the Kittens (Baby) Room, the Cubs room (2-3 years) use their connecting room for sleep and both rooms use a monitor.

Procedure

- We will work alongside parents and establish what your baby's normal sleep routine is and try to replicate that when they are at our setting. We are happy for your child to have a sleep whenever they are tired, or when you tell us you would like them to sleep.
- We have 5 travel cots in the Kittens sleep room and sleep mats in the Cubs sleep room, all the children have their own bedding, which is washed at the end of their week with us, or sooner if needed.
- We will always ensure that fresh bedding is used for all individual children.
- Our travel cots are wiped down, and checked for safety, regularly.
- Sleep mats are wiped down daily after use.
- Children are checked every 10-15 minutes to make sure they are ok; we also have monitors in both sleep rooms so we can hear them.

- If you would prefer your baby to sleep in the Kittens room rather than the sleep room, we are happy to put them down to sleep in one of our buggies. Again, their own blanket/bedding would be used, to ensure our hygiene standards are met.

- The children in Cubs, wherever possible, are generally put down for an afternoon nap, after eating their lunch, and the staff in this room would put them on sleep mats in the room, and turn out the lights in that area, so they can have a quiet sleep.
- If there is a spare cot, it may be an option for the staff to use this for your child – but the babies have priority, and there is no guarantee we will be able to use it each day.
- If your child is able to sleep in a cot and after a while they haven't fallen asleep/ are emotional, we would take them out of the cot and put them into a buggy/ on a sleep mat (with the parent's permission). This may enable your child to fall asleep easier, as they can be rocked off to sleep. Please inform us if you would prefer us not to do this.

- If your child's sleep pattern changes at home, e.g. they are no longer having a morning sleep, only an afternoon sleep; please keep us updated with the changing situation.

If you have any concerns about your child's sleeping arrangements, please ask to speak to your Child's Room Leader, or Linda Reynolds (Manager), so we can work together to get the issues addressed.

	Date:	By Whom?	Comments
Created	14 th November 2018	Linda Reynolds	
Updated	11 th November 2019	Zoe Shaw	Added information about Cubs sleeping area
Reviewed	4 th February 2020	Sarah Reid + SMT	
Next Review	February 2021		