



Policy statement

At Home from Home Childcarers, our Kittens (0-20 months), Cubs (20 months - 3 years), Tigers (2.5 years – 4) and Pre-school (3 - 4years) rooms have designated areas, within their rooms, that allow the children to sleep if required. Rooms darken the area to support their sleep and are regularly monitored by staff within the room.

Procedure

- We will work alongside parents and establish what your baby/child'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 2 travel cots that can be set up in the Kittens room, all children over the age of 1 will sleep on sleep mats in both Kittens and Cubs room. Children will be placed opposite each other in the head-to-toe position with adequate space in between. We will discuss with parents how their children position themselves best to go to sleep and advise positioning children on their backs, to prevent Sudden Infant Death Syndrome, initially but understand once they are able to turn themselves, they will be allowed to settle in whatever way they prefer. We would also ask if they have any comforters to soothe them, staff will support the children to drift off to sleep as per individual parents/child's wishes. Staff will ensure that babies and children are kept warm but not overheated by regulating the room temperature and avoiding excess bedding, If parents would prefer for their child to sleep in a buggy or travel cot then staff will support the parents' request.
- All children have their own bedding, which is kept in a named basket and 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 and mats are wiped down after use, and checked for safety, regularly.
- Children are checked every 10-15 minutes to make sure they are ok; the children sleep in the same room that the staff are in so are monitored continuously.
- The children in Cubs and Tigers, 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 your child's sleep pattern changes at home, please keep us updated.

If you have any concerns about your child's sleeping arrangements, please speak to your child's Room Leader, or Linda (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	
Updated	31 st March 2021	Zoe Shaw & Linda Reynolds	Changed information about sleeping areas
Updated	30 th March 2022	Rachel Simms	
Reviewed	11 th March 2023	Zoe Shaw	
Reviewed	1 st March 2024	Zoe Shaw	
Next Review	March 2025		