

## **Sleep Policy**

The purpose of this policy is to ensure all of the children at Torphins Playgroup have access to a safe, quiet and relaxing environment where they can rest and sleep if needed.

In order to ensure this;

- Parents are asked to complete a Care Plan, including sleep requirements and routines, before starting. This is reviewed at least 6 monthly and whenever there are changes.
- All children will have access to a clean sleeping mat, sheet and blanket if required. All of these will be cleaned after each use. The bedding will be washed in the washing machine with non-bio detergent and the mat sprayed and wiped down.
- Heavy / thick clothing and shoes will be removed to make the child as comfortable as possible.
- Each child will be checked regularly and changed when needed. A nappy will be put on before sleep if not yet dry when sleeping.
- The children will be always supervised and monitored by a member of staff.
- Children can be settled by reading a book, cuddled or rocked before putting down for a sleep.
- If a child has a special comforter or teddy this will be given to comfort or settle.
- The blinds will be drawn to help darken the room for a more peaceful sleep.
- The room will have plenty of ventilation and the temperature will be checked by use of a thermometer.

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