**Sleeping Policy**

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Each child has their own individual blanket and sheet.

Staff are to remove the children’s shoes and any bulky clothing.

Children are to be laid down flat on their backs when resting and are placed feet to feet, either in a cot or on a bed.

Children are to be given a personal comforter if they require it.

Children are not to be patted to sleep for excessive amounts of time.

If after 15 minutes the child has not gone to sleep he/she can get up.

A member of staff can see and hear the children at all times. A staff member is always present to check babies regularly.

The children are visually checked throughout their sleeping time.

Parents are to be consulted on a regular basis about their child’s sleep pattern e.g. are they sleeping well at home, or is it taking them a while to go to sleep at night.

If you have any concerns regarding this policy please discuss them with the manager.