



## **Sleep policy**

At Tandridge Village Preschool, we endeavour to make the transition into Pre-School as smooth as possible. Working closely with parent/carers, we help support younger children to continue with their usual sleep patterns.

However, staff will not force children to sleep or keep them awake against his or her will unless written permission is given and only if the child cooperates in a safe manner.

It is essential that we provide a safe sleeping environment for children, therefore staff will follow the safety procedures below.

- Children are never put down to sleep with a bottle/cup to self-feed.
- Children are monitored visually when sleeping with constant staff supervision. This is recorded on a sleep monitoring sheet noting the time of each check at least every 10-15 minutes.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed and that airways are clear.
- Room temperature is monitored each day and recorded on the daily risk assessment sheet.
- Parent/Carers are asked to provide clean, light bedding, {a sheet and blanket} in a named labelled bag at the beginning of each week. After each use, bedding will be stored in your child's bag. Bags will be sent home at the end of your child's weekly session. Bedding must be cleaned and returned to the setting ready for your child's next sleeping session.
- The pre-school uses suitable sleeping equipment (mats) that are compliant with British Standard regulations. These are cleaned after each use using the appropriate cleaning solutions.

This policy has been adopted by Tandridge Village Pre-School Management committee.

Signed on behalf of the Pre-School by:

Date:

This policy will be reviewed: Spring 2027 (Unless there is a change in legislation or with direct guidance from an educational body)

Staff signatures:

Date: