

	Paradise Primary School 1 Bretton Street Dewsbury WF12 9BB	Issued and Approved by: Paradise Primary School Governing Body	Date of Next Review: August 2023
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<b>SLEEPING POLICY</b>			

Paradise Primary School understands the importance of each child having individual routines. Although each age group will have their own room routines there will be opportunities to allow the children to have quiet time and allow them to rest throughout the session.

Parents and carers often request for their child to have a nap throughout the day and staff will always accommodate these needs to ensure that tired children are allowed a safe and secure environment to do so in.

A recording system will be in place when a child is asleep which ensures the safety of the child and allows the staff to feedback to the parents about the length and time the child has slept.

### Aim

To promote the wellbeing of young children and contribute to their physical needs. Ensuring that all children are treated as individuals and their needs are being met.

- All children who are sleeping will be under adult supervision and will never be left unattended;
- The area that the child is sleeping in will remain free from obstacles, well ventilated and will be safe and secure;
- Sleeping mats, blankets and cushions will be provided by nursery;
- Parent/carers will be expected to provide comforter and information on how their child likes to go to sleep and for what length of time;
- The practitioner will accompany any child requiring a sleep to the “rest area” with their bedding and comforter;
- The practitioner should remove the child’s shoes and any warm clothes i.e. jumpers/cardigans and place them on the side for safekeeping and assist the child into bed;
- A sleep chart will be in place to ensure that the child’s sleep time is monitored;
- The sleeping mat should be sprayed and wiped with anti-bacterial spray and then put back in its place;
- Any dirty blankets should be placed in the laundry bag situated in the changing/toilet area and a replacement blanket should be placed;
- All used bedding must be washed at the end of each week.