

Eldene Pre-School & Toddlers



10.16 Safe Sleep Routine Policy

Every child's needs are different so at Eldene Pre-School & Toddlers we provide flexibility and opportunities for children to take naps and rest as they need and regard it to be a highly important part of their personal and developmental need.

We recognise parent/carers' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routine and well-being continues to be met.

Rest Area's

The playroom rest area - have a rug and cushions and is located within the 'Den Area' which children can sleep without other children playing in close proximity.

The toddler room rest area – have cots for the children to sleep in.

Parent's Wishes

Parent's wishes are always valued and respected and staff work closely with them, to ensure each child's individual needs are carefully met. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this will be taken into account PROVIDED it is also clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

Comfort Blankets

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times.

Dummies

Dummies are not encouraged within Pre-School as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Staff

Staff are fully aware of the fact that children need to rest and sleep and appreciate that children have individual needs and routines which vary as they grow and develop.

Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap if they need to.

Staff will not force a child to sleep or keep them awake against his or her will.

Parents are kept informed regarding their child's sleep rest verbally on collection of their child.

Children will be monitored visually when sleeping and will never be left in a separate room to sleep.

Children are never put down to sleep with a bottle to self-feed.

When monitoring a sleeping child the staff member will look for the rise and fall of the chest, and if the sleep position has changed.

Room temperature for sleeping children should be between 16C and 20C. A thermometer can help to avoid your child getting too hot or too hot.

Should a child fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface, to complete their rest.

Staff have a no smoking policy.

This policy was adopted at a meeting of Eldene Pre-School & Toddlers

Held on: 18th October 2023

To be reviewed September 2024

Signed on behalf of the Eldene Pre-School & Toddlers

A. Hanrahan

Ann-Marie Hanrahan