

Sleeping children 2021/2022

Childcare Practise

Policy Statement

At Ladybirds Nursery we have a policy regarding allowing children to sleep.

Following Ofsted's guidelines, we allow children to sleep whenever they wish. The welfare requirements state that the provider must meet the needs of the child at all times, this means if the child is tired, allowing him/her to have a nap.

While parents and carers may make a formal request for their child to be exempt from receiving the learning and development requirements of the EYFS, there is no provision for the child to be exempt from the welfare requirements. In meeting the welfare requirements, we are ensuring we are meeting the individual needs of the child.

Getting enough sleep - and the right sort of sleep - is a crucial component for development.

We are aware that this may be a delicate situation for some parents, but we wish to make it clear that we are looking after the best interests of your child. Nursery is a very active time, and children often get tired easily.

Blankets will be provided by nursery. Each child has a bag with their own bedding in, the bedding will be washed at the end of each week and replaced.

Sleeping Babies

The babies in the baby room will sleep either in a cot or in a pram, whichever they feel most comfortable in. The babies are under the constant supervision of the staff in the room while they sleep.

Todders Sleeping Children

The children in the small toddler room sleep in their room. They have individual beds with their own bedding. They have a nap after lunch. The room is made into a nice quiet area where the children can relax and get ready for the afternoon activities.

The older toddlers sleep in the sleep room located upstairs. This is a individual room specifically to allow the children who need to sleep a quiet place to relax, while the children who not need to sleep can play in the room. The sleep room is staffed when the children are asleep and has its own fire escape in case of emergency.

Pre-School Children

The children in Pre-School usually do not sleep. If they feel tired or they need to rest, they can rest on the couch and have a small nap if needed.

It is therefore our policy to allow children to sleep when they feel tired regardless of the time of day.

If any parent/carer wishes to make comment about this policy, either to agree or object, please put your feeling in writing.

Air Quality

We monitor the air quality of the room with the CO2 monitors to ensure the quality is good, and to prevent the spread of any virus in the room while children are sleeping.

Policy Issued January 2016

Date to be Reviewed January 2017

Date Reviewed May 2017

Date to be Reviewed May 2018

Date Reviewed May 2018

Date to be Reviewed May 2019

Date Reviewed April 2019

Date to be Reviewed April 2020

Date Reviewed June 2020 and Suspended

Date Reviewed September 2021 (Covid suspension lifted)

Date to be Reviewed September 2022

Date Reviewed December 2021

Date to be Reviewed December 2022

Date Reviewed

The policy will be reviewed sooner than the review date should any new information be obtained