

Sleeping and Resting Child Policy

Environment

- The playroom should be kept well ventilated.
- The playroom temperature will be monitored and recorded at set times throughout the day, (temperature should be between 16 - 20°C). The sheet for recording the room temperature is kept on the wall above the sleeping area in the playroom.
- Sleeping area should not be near open windows or radiators.

Cleaning

- Nursery will keep fresh bedding which should be washed after each child and stored in individual bags to be used as and when required.
- Beds should be wiped down with bacterial side spray after use using a blue cloth.

Monitoring

- Children should be closely supervised every 10 minutes whilst asleep. This should be recorded on the 'Sleeping Child Record'.
- The time the child fell asleep should be recorded and parents/carers should be informed what time they fell asleep and how long for.
- Children who regularly fall asleep will keep their blanket in a draw string bag on their peg so that it can be used later on if required. Their name should be written on the tag attached to the bag should it be accidentally placed on a different peg.
- Children should be given one blanket whilst sleeping. Remember that one blanket doubled over counts as two blankets (Scottish Cot Death Trust).

Storing bags and blankets

- Fresh blankets should be kept in a draw string bag and stored in a sealed plastic box once they have been washed, (this can be found in the resource cupboard in the ELC playroom).
- If clean, the used blanket should be put back in the draw string bag with the child's name written on the label. This should be kept on the child's peg. Bedding should be washed at the end of the week.