

## **Sleeping Children Policy**

At Bright Sparks sleep areas designed to ensure restful sleeps and/or uninterrupted quiet times. Teachers are guided by children's individual rhythms and sleep/ rest routines and are relaxed and unhurried.

Adequate sleeping space is provided for children's safety and hygiene, with every child having her/his own cot/stretcher and bedding appropriate to her/his age. Every cot/stretcher has free, unimpeded access.

As per regulations no liquid is ever available in the sleeping spaces; therefore no child will be put to bed with a bottle.

A sound supervising system is held in place by teachers at all times. There is a teacher present in the sleep space whenever possible, five/ten minute checks are carried out for sleeping children, and records of sleeps are maintained.

If there are children sleeping in an individual situation during the day, they are constantly supervised.

Staff ratios as per the licence of Bright Sparks Childcare are met at all times the service is operating, including staff lunch breaks and sleeping times of children.

Bedding is washed weekly as per laundry schedule or whenever soiled. The beds, cots and mattresses are wiped down with disinfectant weekly and other times, as necessary always ensuring that a high standard of hygiene is maintained.

DOPs 1998 5 (a) and (b)

ECE Regulations 1998 Clause 21

Policy Date:

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