



KNOWLEDGE – EQUALITY – DETERMINATION – ACHIEVEMENT

# **Nursery Sleep Policy**

Policy Adopted for:	Oakwood Primary Academy
Date of this Policy:	November 2024
Policy review date:	November 2025

**We will follow guidelines set out by the Department of Health and Foundation of Sudden Infant Death.**

**We will take account of individual wishes and if you prefer a different sleeping position for your child then please sign and complete the slip below.**

**Children aged 2 years and above**

Your child will have a sleep mat/ basket with bedding. The sleep mats/ baskets and bedding will be washed after each use.

**Oakwood Nursery Ethos:**

Oakwood Nursery listens to the children's voice, and we will follow sleep routines to the best of our ability however, we also support child-led napping.

**Temperature**

Children should sleep in areas that need to be kept at approximately 65° F (18°C). Lightweight blankets should be used ensure that children heads are not covered, thus preventing them from losing excess heat.

Do not overheat children by using too much clothing: nappy, a vest light clothing is adequate.

Children are checked every 5 minutes and recorded on a whiteboard.

If children sleep at Nursery this will be recorded what time they slept from and to and sent via tapestry.

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Child's Name: .....

Does your child need a sleep during their session?

YES- How long.....

NO:

If your child does fall asleep:

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Parent/ Carer signature: .....

Date: .....