

**SUNNY SKIES NURSERY**  
**OUR POLICY FOR CHILDREN SLEEPING OR RESTING (POL 24) rev**  
**08/17 [v.1]**

Children of all ages will have the opportunity to sleep or rest if they wish. Areas are dedicated for this purpose permanently in the Baby Room and temporarily, (mainly in the afternoon) in the Toddler Room.

- Parents/Carers' wishes for sleep routines will be followed wherever possible, however children will not be made to sleep, or will not be deprived of sleep if needed
  
- Nursery Staff will follow individual sleep routines, and use any comforters as appropriate
  
- When children are sleeping or resting, staff will check on each of them at least every ten minutes. These checks will be recorded

**HELPING CHILDREN ACHIEVE MORE**

This policy forms part of our commitment to keeping children safe and healthy