

# **Happy Valley Pre-School Ltd**

## **Sleep Policy**

It is the policy of the pre-school that if a child wishes to sleep during the sessions the following guidelines will be followed:-

- All children attending the pre-school will ask the parents on their intro day about their child's sleeping patten and wishes.
- An area in the quiet play area/book corner will be adapted in the following ways:-
  - a) A cushion mat purchased for this purpose will be placed as a mattress on the floor, this will be washed after use.
  - b) The area will be checked and made safe.
  - c) We will place a cover over the child which will be washed after use.
  - d) The child can have a special toy with them whilst sleeping.
  - e) The child will be checked at regular intervals of 10 minutes, this will then be reordered on our sleeping charts.
  - f) Other children will be encouraged to keep clear of the area.
  - g) No child will be left alone in the room where they are sleeping.

**This policy was reviewed and checked on:** November 2018

**Signed on behalf of the Pre-School:**

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**(Pre-School Director)**

**Next Review:**

November 2019