

4.3 Safer Sleeping

The majority of our children who attend [Victoria Park Day Nursery CIC](#) do not sleep whilst attending their weekly sessions. For those children that do fall asleep, we follow the procedures below. We review guidance on a regular basis to make sure we have the most up-to-date information. No child is made to sleep.

Children over 2yrs old

- Children sleep on waterproof rest mats on the floor, with bedding that is washed after every use should they fall asleep.
- If a blanket is used, then this will be tucked in around the child below their shoulders to prevent head covering.
- Children's heads will not be covered whilst sleeping.
- If children fall asleep in situ it may be necessary to move or wake them to make sure they are comfortable. They are not left to sleep in a buggy.
- Where possible we will move them to a quieter area within the room.
- Children will be placed down on their back to sleep safely.
- Sleeping children are regularly checked and always supervised within sight and/or hearing of staff members.
- Staff will ensure children do not become too hot or too cold.
- Any concerns about a child's breathing, colour, temperature, position, presentation or wellbeing while sleeping will be responded to immediately and recorded.