

13 PROCEDURE: SUPERVISION OF SLEEPING CHILDREN

Aim

To ensure children's safety, comfort and well-being whilst asleep.

13.1 Guidelines

- 13.1.1 If a child needs to sleep, a day bed is available in the designated sleeping area. For children who regularly require a sleep, sheets are kept in their personal linen bag and washed after the fifth use or immediately if wet, soiled or illness. Spare linen is kept for other children who may require a sleep and is washed immediately after each use. Blankets are washed regularly and day beds are sprayed regularly.
- 13.2.2 The children will be closely checked for warmth, breathing and general well-being at least every 5 – 10 minutes, or more frequently according to individual needs. Sleep/rest patterns will be monitored and details will be recorded on the sleep chart.
- 13.2.3 The time and duration of each child's sleep is available to parents at the end of each day. Parents will be notified of the time and duration of children's sleep.
- 13.2.4 Staff supervising sleeping children form part of the required ratio which is to be maintained at all times (Ref: *Supervision of Children*).
- 13.2.5 Staff will ensure children do not have access to food or liquids while in bed.
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- 13.2.6 This procedure is to be displayed in the sleep area.