Policy on Children sleeping at the nursery

Belfield Montessori Day Nursery ensures that all children have rest during the day (if required) to ensure their learning and stimulation on daily basis.

Procedure for Sleep time

- Children are put to sleep in their designated area with their individual bedding, there is spacing between the beds. If there is not sufficient space, the room leader is to report this to management and a decision will be made on an overflow sleep area.
- Children who require comforting to sleep will be done so by rubbing their back, stroking of the face/hair, or rocking in arms.
- Sleep charts are completed with staff initials and ticked off if the child was comforted to sleep.
- We follow children's sleep routine, however if the child is distressed and doesn't want to sleep they are not forced to do so. If a child wants to sleep later on in the day, a sleep area will be created to allow this. Children are not forced to stay awake.

Babies – Ruby room

Staff in the Baby room follow a Daily nursery routine, as well as children's individual Routines. The sleep area in Ruby room has transom panels on the sliding doors to safeguarding our children and staff members.

Staff put the children to sleep in the sleeping cots and mats covered with appropriate bed linen. The Sleeping area is separated by sliding doors. The sleeping area has a CD player for sensory music and a monitor to check on the babies. Children are checked every 10 minutes where a member of staff signs the Sleep Chart checklist with their initial. The monitor is on at all times.
All children have their own sleep bag, including their individual linen, dummies and any extra items like a teddy or a muslin.
All bedding is washed at the nursery.
The babies that don't sleep after Lunch take part in free play in the room or play in the Garden.

Staff – to follow Sleep chart – daily to be placed in the Sleep Area of Ruby room and signed with an initial of the staff monitoring children

Gold, Silver room

Children from Gold and Silver room join up at lunch time and we follow their sleeping routine. Silver room is used as a sleep room from 12pm-2.30pm, for 2-3 year olds. The Silver room has a transom window as part of the doors to safeguard our children and staff members.
Children that don't sleep or children going home/coming in stay in Gold room or play in the garden.

Children are being monitored in Silver room by a member of staff. The sleeping area has a CD player for sensory music and monitor, the member of staff is responsible on checking the children every 10 minutes to ensure their well-being, the member of staff initials the Sleep chart which is filled out daily.

Sleep Chart is filled out daily in Silver room by member of staff monitoring children.

Sapphire room
Children are able to rest in the corner section of the room where the room is divided by curtains which enables children to rest in a calm and dark environment. A member of staff will sit with them and comfort them if necessary. The sleeping area has a CD player for sensory music.