

Bambino Ltd

Sleep Policy

Version	Date	Author	Comments
1.0	07/2008	Bambino Ltd	Initial release and adoption of policy
1.1	28/09/2011	Scott Roberts	Introduction of version control
1.2	20/11/2012	Scott Roberts	Annual review: reference to nursery specific room names removed, and information regarding sheets and blankets added
1.3	24/01/2017	Heather Clark	Specific room temperatures removed. Encouragement of use of dummies removed

Sleep Policy

Bambino Ltd identifies the importance of offering children a quiet area where they may relax and have a sleep during the day. Children have access to a designated sleep room with cots throughout the day. After lunch, mats will be provided for those older children who wish to nap, although sleep room cots are available if your child still fits them! We are also happy to rock children to sleep in our push chairs, if this suits your child better. We will endeavour to follow your child's timetable and, in the case of younger babies, we will try to implement the routine they have at home.

- Staff members will conduct physical checks on sleeping children to ensure they breathe normally and they are not hot or cold. The sleep room is linked by monitor to the main baby room.
- We take regular temperature measurements and record them on an appropriate form.
- Babies will be placed in the cot on their backs unless there is a medical reason that necessitates for the child to be in a different position.

Outdoor clothing (shoes / coats) and bibs will be removed so that babies and children are comfortable

- Children will be encouraged to snuggle with their comfort objects from home. Staff members will ensure that they kept away from their faces during their sleep time.
- We don't encourage the use of bottles and beakers in the cots as there is a health risk.
- Sleep times will be recorded and staff members will check on the children and update the Sleep Charts every ten minutes.
- Each child has their own sheet and blanket which are regularly washed

