



# Lime Tree Primary Academy

BRIGHT FUTURES EDUCATIONAL TRUST

## Tree Tots – Sleep Procedure

**At Tree Tots we know how important rest and sleep times are for young children. Children's routines are discussed with parents upon admission, wherever possible the child's home routine will be incorporated into the routine of our setting.**

### Providing adequate rest/sleep times

We have large carpeted areas for children who wish to relax, play quietly or sleep. Each child has a fresh sleep mattress, sheet and their own blanket which is clearly labelled in a bag with the child's name on it. (unless a child falls asleep on cushions in the comfy area, then a head sheet will be placed under the child's head) Children's bedding will be washed on a weekly basis.

Sleeping children will be frequently checked and recorded at least every 10 minutes on our online Family app for parents to see.

All children are on view to staff at all times of the day, this includes when they are sleeping or resting. Children sleep on need or when they display distress through lack of sleep. E.g. restlessness, irritability.

After 15 minutes, any child who appears to be still wide awake will be asked if they want to return to the other activities.

Should a child arrive at the setting asleep in a pram we would not disturb the child from their sleep. The child would be closely monitored and checked a minimum of every 10 minutes.

We would not place a child in our care for a sleep in a pram/buggy, unless we have written permission from parents. If a child is unable to settle in a cot/mattress or a child becomes distressed at sleep times this will be discussed with the parents and a decision would be made what would be best for the child's future sleep routine.