

Kangaroo Kids Sleep and Rest Time Policy

September 2023





Statement of Intent

We recognise young children sometimes need a sleep, a rest, or some quiet time. The below policy is in place to ensure we can appropriately facilitate this.

Aim

To ensure children have appropriate areas and equipment where they can sleep / rest or have quiet time.

Procedures

- At both settings, a separate area is made quiet and cosy, sometimes with calming/soothing music playing
- Children sleep on rest mats
- Children are provided with blankets. Each child has an individual blanket which is kept in a named bag
- Children are settled to sleep by practitioners if needed
- Children are made comfortable and checked at regular intervals by practitioners. All checks are recorded on our sleep chart with all relevant information input and initialled by the observing practitioner.