



October 2021

## *Sleep Routines Policy*

We will discuss with you in detail the sleep routines you have established for your child and how we can best accommodate them into the routines and working day of the setting. These discussions will need to be ongoing as the sleep needs of your child will change as he or she grows and develops.

As a parent, you too need your sleep at night, so it is vital that we work in partnership with you to provide a sleep routine for your child that fits your requirements. We will need to know how many naps your child normally has, for how long and at what times during the day.

- When is the latest we can let your child sleep until without it affecting their nighttime routine?
- Do you want us to wake your child after a certain length of time or can we let him/her sleep on?
- Do you have a routine to settle your child that you would like to share with us?
- Do they have a dummy or comforter?
- Where does your child prefer to sleep?

We will regularly check your child when he or she is sleeping. We will record these checks and the total time slept on the record sheet.

If you have any concerns over your child's sleep routine, please do discuss them with us and we can make arrangements to change times etc. if necessary/possible.