

Policies and Procedures: Sleeping Baby

I will discuss with you in detail the sleep routines you have established for your baby and how I can best accommodate them into my own routine and working day as I may have school runs to include. These discussions will need to be ongoing as the sleep needs of your baby will change as (s)he grows and develops.

As a working parent you too need sleep so it is vital that I work in partnership with you to provide a sleep routine for your child that fits your requirements. I 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 I can let your child sleep until without it affecting their night time routine?
- Do you want me to wake your child after a certain length of time or can I let him/her sleep on?
- What routine do you have to settle your child?
- Do they have a dummy or comforter?
- Where does your child prefer to sleep?
- If your child is travelling in the car, would you like me to try to keep him/her awake if it is outside of normal nap times?

I will regularly check your child when s/he is sleeping, in person and the CCTV will always be switched on so that sleeping children are clearly visible whilst I am downstairs. We have additional monitors available for children who have known sleep conditions.

In fine weather, I may let your child sleep outside. This will be in a pushchair out of direct sunlight.

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

First written: 1st August 2014 Last updated: 28th September 2018 Signed:

Date Reviewed	Signed

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