

Sleep Policy.

Violet Way Nursery identifies the importance of offering children a quiet area where they may relax and have a sleep during the day.

- Mats will be provided for those children who wish to nap.
- We will endeavour to follow your child's timetable.
- Staff members will conduct physical checks on sleeping children to ensure they breathe normally and are not too hot or cold.
- Sleep times will be recorded and staff will check on the children and update the sleep chart every ten minutes.
- Parents will be informed if their child has had a sleep. Staff will record this on the relevant paperwork and hand over to the person collecting the child at home time.
- Outdoor clothing (shoes/ coat) will be removed so that children are comfortable.
- Children will be encouraged to snuggle with a comfort object. Staff will ensure that these are kept away from their faces during sleep time.
- Each child has their own sheet and blanket which are washed regularly.

Laundry Policy.

- All sheets and blankets should be washed once a week on a designated laundry day.
- Laundry day will usually be Friday.
- Laundry will be washed using the washing machine in the kitchen.
- Non biological washing powder and fabric softener should be used.
- Any child who may be allergic to or irritated by washing powders should provide their own sheets/blanket if sleeping while at nursery. These items should be sent home to be washed at the end of the week.