



Sleeping Child Policy

I strive to ensure that your child's safety comes first in everything that I do.

- Children are allowed to rest as needed. I like to follow the recommendations from The Millpond Children's Sleep Clinic. This is a guide on how much sleep a child should have during the day up to the age of 4 years. This information can also be found at the following website:

<http://www.nhs.uk/Livewell/Childre Sleep/Pages/howmuchsleep.aspx>

3 months - daytime: 4 to 5 hours

6 months - daytime: 3 hours

9 months - daytime: 2 hours, 30 minutes

12 months - daytime: 2 hours, 30 minutes

2 years - daytime: 1 hour, 30 minutes

3 years - daytime: 0 to 45 minutes

Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for.

- Only children that are tired will be rested. All sleep routines are done to each individual child's needs.
- Sleeping babies are laid on their backs.
- Pillows are not used for children under the age of 2 years.
- Resting children are checked regularly and are viewed via Live stream accessed by myself only.
- Blankets and sheets are removed and added as necessary.
- Baby monitors are used when children are resting in another room away from myself where I cannot hear them.
- Whilst parental wishes will be taken into consideration when allowing a child to sleep, I cannot force a child to sleep, to wake up or stay awake against his or her will, as this is an Ofsted regulation.

At Emma's Little Monkeys I recognise a parents/carers knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, I will not force a child to sleep or keep them awake against his or her will.

If a child is really tired and falling asleep, I will let the child sleep even if a parent has specifically expressed their wishes for the child to stay awake. My care is for the child and I follow their needs.

Written by Emma Marshall

Updated: JAN 2024