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**Gina's Montessori Nursery School**

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## Sleep

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At Gina's Montessori Nursery School we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We discuss the child's sleeping routines with the parent/carer when the child starts at nursery and this information is updated at timely intervals. Generally, children who still nap in the afternoon attend nursery in the morning.

All sleep is monitored, the child checked every 15 minutes and a note made to parents regarding to the length of sleep.

We recognise parents' 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, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleep times are logged in the daily diary notes.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>