**The Berrypatch Nursery and Out of school club**

**Safe sleeping policy**

We recognise that due to the varying ages and needs of the children , some of them may need to sleep during their time at playgroup.

Baby room :

We will follow the child’s sleep times as directed by their parent/carer.

We have specific sleep pods for babies with mattresses and fitted sheets. Babies will always be placed on their backs when put in the pods with their feet at the foot of the pod. We will ensure that the temperature in the room is comfortable – between 16 and 20 degrees and that babies heads are uncovered.

Sleeping babies are in the same room as staff and will be checked every 5 minutes.

Nursery room :

If a child indicates that they are tired they will be encouraged to lay on one of the large cushions in the book area. If a child has fallen asleep on an adult they will be placed on the cushion. Blankets are provided if the child wants them.

Other children are made aware that there is a sleeping child and to be quieter and careful around them .

Sleeping children are checked by a member of staff every 5 minutes.