



SEVENOAKS DAY NURSERY

Daytime Sleep Policy

We feel that it is important to have a nursery sleeping policy which can be discussed before your child starts at Nursery. We firmly believe that daytime naps are crucial for babies' and toddlers' brain development and that they are essential to their well-being.

The NHS recommends that:

- at night time children should be getting 11-12 hours sleep.
- during the day a 6-12 month old baby should have 3 hours sleep.
- a 12-24 month old should have 2-2½ hours.
- a 2-3 year old should have 1½ hours.
- by the time they are over 3 some will start to drop their daytime sleep whilst others may still want 45 minutes or more.
- by the age of 4 most children will no longer need a daytime sleep as long as they sleep well at night.

These are the guidelines that the Nursery follows.

It is important for parents to understand that the daytime sleep that their child(ren) need(s) at Nursery may be different from that which they follow when at home. This is due to the different activities that children participate in at the Nursery and the continuous interaction with many other children and adults.

Babies up to the age of approximately 18 months spend most of their time in the Baby Room with their key worker. They are monitored regularly and a chart kept. Sleep times are noted in the daily diary.

Toddlers and Classroom children aged 18 months plus sleep in the Toddler Room. They sleep in a darkened room on sleep mats with named sleeping bags and sleep toys.

Children who are old enough to drop their daytime nap stay in the Classroom where they have quiet time. This may include a children's DVD or books and stories whilst the room is cleaned after lunch. This is then followed by quiet play until their friends are awake.

At Sevenoaks Day Nursery we will always listen to and try to work with parents with regards to daytime sleep, but the needs of the child will always come first.

Except in exceptional circumstances, Nursery staff will not deliberately keep a child awake where it is clear they are tired and would benefit from a daytime nap.

This policy was adopted at a meeting of the Trustees of Sevenoaks Day Nursery in April 2017 and amended in March 2021.

A handwritten signature in black ink, appearing to read 'Susan Dreksler', with a horizontal line extending to the right from the end of the signature.

Susan Dreksler
Chair