



Worstead Pre-school

Queen Elizabeth Hall – Ruin Road – Worstead – North Walsham – Norfolk – NR28 9WH
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Charity Number: 1041749

SLEEP POLICY

We at Worstead pre-school are happy for children to sleep whilst at the setting.

All children are encouraged to say or indicate when they are tired or want to rest, staff will not force a child to sleep or keep them awake against their will.

We have a quiet area where children can go to lay down and rest, they will be checked on regularly by staff. When a child falls asleep and wakes parents/carers will be informed on collection of their child.

Information and guidance can be found below:

[Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Sleep problems in young children - NHS \(www.nhs.uk\)](http://www.nhs.uk)