



Sleeping Child Policy

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Purpose of the Policy

At Little Wildflowers Childminding, I understand the importance of sleep for a baby's development and well-being. This Sleeping Baby/Child Policy outlines how I accommodate and support the sleep routines of babies and young children in my care, in partnership with parents, to ensure that each child's individual needs are met.

Partnership with Parents

I believe in working closely with parents to understand and implement the sleep routines they have established for their baby or child. This collaboration is essential to ensure a seamless integration of these routines into my daily schedule, which may include school runs and preschool pickups. Regular discussions with parents are necessary as a baby's sleep needs evolve with growth and development.

Information Gathering

To provide the best care for your baby or child, I need detailed information about their sleep habits, including:

- The number of naps they usually have, the duration of each nap, and the times these naps typically occur.
- The latest time a baby or child can sleep until without affecting their nighttime routine.
- Preferences regarding whether I should wake the baby or child after a certain length of time or allow them to sleep as long as they need.
- The specific routine parents use to settle their baby or child into sleep.
- Whether the baby or child uses a dummy or comforter.
- The preferred sleeping location for the baby or child.

Ongoing Communication

As sleep needs change over time, ongoing communication with parents is essential. Regular updates and adjustments to the sleep routine will be discussed to ensure that the child's needs are continually met and that parents' requirements are accommodated.

Sleep Environment and Monitoring

I ensure that the sleep environment is safe, comfortable, and conducive to rest. Babies and children are regularly checked while sleeping, both in person and via a baby monitor. This consistent monitoring helps ensure their safety and well-being during naps.

Sleep Pattern Feedback

I will provide feedback to the child's parent on the total time each baby or child sleeps. This feedback provides parents with information about their child's sleep patterns while in my care. The requirements of this feedback will be agreed with the parents in advance.