

## Sleeping Baby Policy

We will discuss with you in detail the sleep routines you have established for your baby and how we can best accommodate them into our own routine and working day as we may have school runs and pre-school pickups to include. These discussions will need to be on going as the sleep needs of your baby will change as s/he grows and develops.

As a working parent you too need your sleep so it is vital that we work in partnership with you to provide a sleep routine for your child that fits your requirements. We will need to know how many naps your child normally has, for how long and at what times during the day.

- When is the latest we can let your child sleep until without it affecting their night-time routine?
- Do you want us to wake your baby after a certain length of time or can we let him/her sleep on?
- What routine do you have to settle your child?
- Do they have a dummy or comforter?
- Where does your baby prefer to sleep?

We will regularly check your baby when s/he is sleeping, both in person and by using a video baby monitor. We will record these and the total time slept on the record sheet.

If you ever have any concerns over your child's sleeping routine please do discuss them with us and we can make arrangements to change times etc if necessary.