

# sleep how and why we have introduced the dream coracle

The dream coracle is our new bed for babies and toddlers. The main reason we decided to get one is to encourage self-regulated sleep. Babies that can manoeuvre themselves can crawl in and out of the dream coracle when they want to sleep thus encouraging their independence.

## Is it working?

Yes it is.....we have noticed babies are now crawling into the dream coracle and falling asleep. Of course, we do still need to encourage some babies who clearly need sleep but are fighting it and we have



introduced a 'babysign' for sleep for babies who can't yet talk. We have a clear sleep policy which can be viewed at the end of this document.



# Sleep Policy

Many young children do still need a sleep during the day. We will do our best to work with you to complement the sleep routines that your child has when they are not with us.

The child's needs will always come before those of the parents and where a child, in our professional opinion, needs to sleep then they will not be stopped from doing so. Conversely, where a child is showing no signs of needing a sleep then we would never force a child to. We do not have set 'sleep times' it is completely child-led and our education and care routines remain flexible enough to always accommodate the needs of all children whether the former or latter apply.

We do encourage children, where appropriate to their stage of development, to try and regulate their own need for sleep and to recognise when they need rest and to take themselves off for a nap.

We do understand that parents may feel that a sleep during the day is the cause of children not wanting to go to bed at night. This is rarely the case and we will be more than happy to work with you on bedtime routines if there are issues surrounding your child's sleep at night, please ask.

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