



Breakaway

Bedtime policy

Policy Owner:	Ranbir Sidhu (Registered Manager)
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Policy Summary:

Regulations 5, 6, 7,14, 21 of the Children's Homes Regulations 2015 including the Quality Standards

Policy Aim

To meet children's bedtime routines

Policy

A child's bedtime routine will be documented in their 'This is Me' Care Plan, as agreed upon during admission by the child (where appropriate), their parent or carer, and their keyworker. It is important to recognise that bedtime routines will vary between children. Some may require additional support or specific preferences, such as a bedtime story, a nightlight, or having the door left open. These individual needs must be respected and incorporated into their care.

Procedure

At Breakaway, we aim to ensure that all children and young people have the opportunity to relax and unwind before bedtime. As part of the evening routine, children will be offered the option of a bath or shower. They may choose to decline, preferring to bathe in the morning or not at all. However, for hygiene reasons, staff will encourage children to bathe at some point during their stay unless this conflicts with their 'This is Me' Care Plan.

All children are offered a light bedtime snack unless otherwise specified in their 'This is Me'. Freshly laundered bed linen is provided on admission and again on discharge. Linen will also be changed as needed during the child's stay to maintain hygiene and comfort.

To promote privacy and dignity, all curtains or blinds in the unit are closed before the children begin their bedtime routines and remain closed until morning.

Where a child sleeps with their bedroom door closed, a door alarm will be activated to alert the waking night staff if the door is opened. Parental consent for the use of door alarms must be documented and stored in the child's file.

If a child wakes during the night, waking night staff will encourage them to return to bed, unless the child is using the toilet. In such cases, staff will assist if necessary and ensure the child returns to bed afterward. If a child repeatedly wakes or refuses to return to bed, they should be gently discouraged from engaging in stimulating activities such as playing with toys or watching television, and no food should be offered. If the child requests a drink, only water should be provided.

An individualised night-time routine sheet has been developed for each child attending Breakaway, based on discussions with night staff. These sheets are stored in the night-time handover folder for staff reference and to ensure consistent, personalised care.

This sheet reflects

- around what time each child goes to bed
- Whether the child likes the bedroom door open or closed
- Which bedroom they prefer to sleep
- Whether the child likes the light on/ off
- How often is the child checked (night time check are agreed with parents as well)

Parental consent is obtained regarding the frequency of night-time checks for their child. A signed permission letter specifying their preferences is kept in the child's individual file, along with a completed surveillance consent form. This ensures that checks are carried out in line with parental wishes while maintaining the child's safety and comfort during their stay.