

# Rest & Sleep Policy (Nursery)

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**September 21**



**To be Reviewed:** September 2022

This policy links to:

The Early Years Foundation Stage (DfE 2021) Statutory Framework Setting the standards for learning, development and care for children from birth to five

Safeguarding Children policy Risk Assessment' Monitoring Sleeping Children'

## **1. Important**

1.1. Pre-school children can get very tired during the day and NEED the opportunity to rest/sleep within the nursery day

1.2. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need and desire.

1.4. We respect parental wishes with regard to children's sleep but the welfare of the child is always paramount.

## **2. Comforters and comfort blankets**

2.1 Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. PLEASE NAME THEM. The children will only be allowed these during sleep times.

2.2 If parents do provide dummies for their children to use it is essential that they also provide a hygienic Dummy Pot that can be sealed to store the dummy in when not in use.

2.3 Dummies are restricted to sleep and rest times. They are not encouraged in the classroom for they can affect a child's speech, interaction with others and are a major cause of speech delay.

## **3. Rest Areas**

3.1 Within the room there are quiet, comfy areas with cushions where children can go if they wish to rest and relax.

3.2 The 'Sensory Room' has mats and blankets for children still requiring a sleep during the day.

## **4. Sleep Records**

4.1 Sleep Record Books are completed each day so information is always available, regarding the times each child has slept on any given day.

4.2 Children are checked every 10 minutes and no child will be allowed to sleep longer than 1 hour.

## **5. Sudden Infant Death Syndrome [Cot Death]**

5.1 Nine out of ten deaths from SIDS occur within the first six months; however we follow the guidelines from the Foundation for the Study of Infant Deaths 2012 to ensure their continued safety when sleeping at Nursery.

5.2 Room temperature is kept between 16-20 degrees Celsius.

5.3 Lightweight blankets are used.

## **6. Toddlers**

6.1 Toddlers have the benefit of a separate Sensory Room which is used for peaceful activities and afternoon naps.

6.2 They tend to nap after lunch however facilities are always available for them to sleep at other times if needed.

6.3 Toddlers sleep on mats with light blankets.

6.4 Some toddlers who are out of nappies need a Sleep Nappy during the Quiet Time so these would need to be provided by Parents/ Carers.

6.5 Familiar staff and key carers settle the toddlers down for their naps.

6.6 A member of staff remains either in the room or within earshot at all times when children are sleeping.

6.7 Toddlers who do not need [or whose parents do not wish them to] take a nap after lunch enjoy 'Calm Time' when they lie down, rest and listen to music, a story, yoga or mindfulness activities.

## **7. Pre-school children**

7.1 All the pre-school children enjoy 'Calm Time' for around thirty minutes at the end of a session.

7.2 They sit or lie down and rest, listen to music, a story, yoga or mindfulness or other calm activity.

## **8. The Importance of Rest and Sleep**

The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.

### **Safeguarding and Welfare Requirement: Child Protection**

Providers must have and implement a policy, and procedures, to safeguard children.

**UNCRC Article 24** *Children have the right to be healthy*