

Sleep and Rest Policy

This policy is to ensure that adequate procedures have been taken to provide the appropriate opportunities and facilities for children to rest and sleep according to their individual needs and requirements. The following procedures will be followed to ensure that this is adhered to:

- All nursery rooms have areas that the children can use for rest and quiet times. These consist of quiet cosy areas that are away from the more noisy areas of the room.
- On induction to the nursery the key person liaises with parents/carers to record details of children's individual sleep routines. We will endeavour to follow this routine during the times that the child is in nursery.
- Staff will never force a child to go to sleep.
- Staff will make themselves aware of the signs individual children display when they are tired and will respond to these accordingly.
- Cots, sleep mats and coracles are available for sleep times and staff will liaise with parents as to which option is best for the needs of their child.
- All cots and mats meet the relevant safety standards and are checked daily for any damage.
- We follow all Sudden Infant Death Syndrome (cot death) guidelines (Appendix 1) and children will not be provided with pillows, cot bumpers
- Each child will be allocated with their own bedding which will be washed once a week or more frequently if needed.
- Sleep mats will be cleaned with anti-bacterial spray prior to each use.
- When sleeping the children will each have an individual mat and will be positioned head to toe.
- Children in cots will be placed with their feet at the foot of the cot
- Children will be placed on their back to sleep.
- Care will be taken to not overheat children whilst sleeping.
- Children will be supervised at all times whilst sleeping.
- Staff will check children every 10 minutes and record this on the daily sleep chart. Staff will check their breathing and will feel for any sign of overheating.
- Parents will be informed of children's sleep times upon collection.
- Parents who are concerned about their child's sleep patterns can arrange a time to discuss this with their child's key person.
- The children's needs are our priority and we will not wake a child up or attempt to keep a child awake if we feel that they need to sleep, regardless of parent requests.
- Staff will ensure that children do not cover their faces or head with blankets / sheets.
- We will provide professional advice and signpost parents who are concerned or have questions about their child's sleeping patterns.

The baby room has a designated area for children sleeping in cots. Staff will follow the same procedures for monitoring sleep for children occupying this room.

The NHS provide the following information as a guide to how much sleep on average children need according to their age.

Babies 4 to 12 months old - 12 to 16 hours including naps

Toddlers 1 to 2 years old - 11 to 14 hours including naps

Children 3 to 5 years old

- 10 to 13 hours including naps

Children 6 to 12 years old

- 9 to 12 hours

Teenagers 13 to 18 years old

- 8 to 10 hours

Internal use only

This policy was adopted on	June 22
Signed on behalf of the nursery	
Date disseminated to staff	
Date for review	June 23