



Little Hearts

Rest and sleep policy

This policy links to: The Early Years Foundation Stage (DfE 2014) 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. ALL pre-school children get very tired during the day and NEED to have opportunities to rest and 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.
- 1.3. It is VERY important that young children get ALL the sleep they need and so we prioritise and facilitate this in all departments of the nursery

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 ENSURE THAT PARENTS NAME THEM
- 2.2 Parents may wish to provide dummies for their little ones for they too can provide comfort during rest and sleep times however the nursery does not provide, supply or ever introduce them to children themselves. Dummies will only be used for children during, and for a short time after, their settling in period in order to reduce anxiety and help the child sleep.
- 2.3. Dummies are usually restricted to sleep and rest times. They are not encouraged in the play rooms for they can hamper a child's speech, interaction with others and are a major cause of speech delay.

3. REST AREAS

Within Little Hearts there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax.



4. STAFF

- 4.1 Staff are fully aware of the fact that children need to rest and sleep
- 4.2 Staff appreciate that children have individual needs and routines which vary as they grow and develop
- 4.3 Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day.

5. PARENTS' WISHES

- 5.1 The preferences and wishes of parents are always valued and respected and staff work closely with them to ensure each child's individual needs are carefully met.
- 5.2 Younger children sometimes need both morning and afternoon sleeps but these depend upon parents' wishes
- 5.3 Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this will be taken into account PROVIDED it is also clearly in the child's best interests.

6. SLEEP RECORDS

- 6.1 Children will be monitored visually when sleeping, checks are recorded every 10 minutes
- 6.2 When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed
- 6.3 In Little Hearts, Sleep Record Books are completed each day so confirmation is always available regarding the times each child has slept on any given day
- 6.4 Parents are kept informed regarding their child's sleeps both verbally and through their Nursery Diary.

7. SUDDEN INFANT DEATH SYNDROME [Cot Death]

- 7.1 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
- 7.2 Room temperature is kept between 16-20 degrees Celsius
- 7.3 We ensure all mattresses are in first class condition, clean and fit for purpose
- 7.4 Lightweight blankets are provided and pillows are not used.

8. TODDLERS

- 8.1 Children will never be put down to sleep with a bottle to self-feed
- 8.2 Children tend to nap after lunch however facilities are always available for them to sleep at other times if needed
- 8.3 Children sleep in a cosy carpeted area to ensure they are warm and comfortable. Bedding is kept separate for each child and labelled with their name.



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8.4 Mattress pads are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet

8.5 Familiar staff and key carers settle the children down for their naps and sometimes quiet classical music is played for them

8.5 A member of staff remains either in the room at all times when children are sleeping

8.6 Children who do not need [or whose parents do not wish them to] take a nap after lunch enjoy 'Quiet Time' for around 30 minutes after lunch. They can choose to lie down, rest and listen to music, listen to a story, explore ICT activities or other quiet activities with adults.

11. 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.



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SACRED HEART								Time awake	
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