



Sleep Policy

Children need sleep and rest periods to help with their development. This policy has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep at the Nursery.

All children develop at different rates. As a result we need to adapt our practice and provision in order to meet these needs throughout the day. As children grow they usually develop a routine in which they can reduce the length or frequency of daytime sleeps. With this in mind, children at the Nursery will have the opportunity to rest or sleep if they need or want to. At these times the staff will create an environment for the children to rest or sleep, i.e. a quiet area to cuddle up with a book or to access a sleep mat.

We work closely with parents and are guided by them on their child's sleeping requirements, however, whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will.

The Nursery recognises the need for children to be kept safe whilst asleep, either through direct supervision or through a system of monitoring their sleep time. In both Stars and Moon Room there is a quiet area which is a comfortable area where sleep mats and blankets can be laid and children can sleep safely for a short period of time after lunch. During initial settling in visits each child's individual day time sleeping routines will be discussed to consider the length of sleep, any comforters used to support, a child's sleeping position as well as any key words or actions a child might display in order to indicate that they need to sleep.

To help with the transition to Reception Class, children in the Star Room will be encouraged to engage in activities consistently rather than the expectation of a regular, daily sleep, unless otherwise arranged with the parents.

General Guidelines

Staff are present in the Nursery at all times, and where possible a member of staff will sit with the child/ren who are in the process of going to sleep.

Nursery staff will position themselves to be within sight and sound of sleeping children so that they can monitor them.

Sleeping children will be checked on every five minutes. Checking a child while sleeping should involve:

- putting the back of their hand near to the child's mouth to feel for breath.
- Ensuring that each child is well.
- Ensuring that each child is not too hot or too cold.
- Ensuring that all sheets or blankets are not wrapped incorrectly around the child.

Sleeping children will be placed on their own sleep mats with their own blanket. All sleep mats will be cleaned regularly and kept in good condition.

The 'quiet area' used for sleeping will be kept at a consistent, moderate heat.

Blankets will be provided and washed regularly in non-biological washing powder.

Pillows will not be used.

When children are collected, feedback about their sleep will be given to parents and carers verbally by a Nursery staff member. This information will also be recorded in a parent communication book, which will also detail here appropriate, feedback about their food intake and toileting routine for that day.

In line with sickness procedures, a phone call will be made to parents/carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.

Our setting is committed to safeguarding and promoting the welfare of Children, young people and adults at all times and expects everybody working within this setting to share commitment.

This policy was adopted on the

Signed on behalf of Grace Cook Nursery _____

Position _____

Review Date: