



REST AND SLEEP POLICY AT OAKHURST NURSERY

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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. Pre-school children can become 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 usually 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 classroom there is a quiet carpeted area with cushions where children can go if they wish to rest and relax.

3.2 The 'Quiet Room' has mats and blankets for children still requiring a sleep during the day. Each child will have their own blanket.

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. This is done on Tapestry in the care diary. If a parent doesn't access Tapestry we will inform them at the end of the session.

4.2 Children are checked every 10 minutes.

4.3 Parents will be asked how long they would like their child to sleep for and if they would like them to be woken up after a certain length of time.

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 in cots or prams

5.2 Room temperature is kept between 16-20 degrees Celsius

5.3 Lightweight blankets are used.

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6. TODDLERS

6.1 Toddlers have the benefit of a separate quiet 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 'Quiet Time' when they lie down, rest and listen to music, a story or watch an educational DVD or other suitable learning material.

7. Pre-school children

7.1 All the pre-school children enjoy 'Quiet Time' for around thirty minutes after lunch

7.2 They sit or lie down and rest, listening to music, a story or watching an educational DVD 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.

Policy written November 2017 by Lara Acott

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