



Waltham Pre-School

Sleep and Rest Policy

Policy Statement

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different, so we provide flexibility and opportunities for children to take naps and rest as they need. The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be an incredibly important part of their personal and developmental needs. A settling in form is filled out by the parent/carer when their child starts settling into the nursery and parents are to update us as and when changes occur. We recognise parent/ carers' knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

Rest Areas

Within each room there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax. Room 1 have sleep mattresses available in their quiet room for sleep times. Each child has their own bedding, washed daily.

Parents' Wishes

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the Nursery, to ensure each child's individual needs are carefully met. Younger babies usually need both morning and afternoon sleeps, but these depend upon children's individual needs. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night-time sleep and this will be considered PROVIDED it is also clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

Comforters and Comfort Blankets

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. **NEED TO BE LABELLED** . Parents may wish to provide dummies for their children 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 are usually restricted to sleep and rest times. They are not encouraged in the playrooms for they can cause problems with a child's speech, interaction with others and are a major cause of speech delay. Dummy clips are not used whilst at Nursery as they are a strangulation and choking hazard.

Staff

Staff are fully aware of the fact that children need to rest and sleep. Staff appreciate that children have individual needs and routines which vary as they grow and develop. 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. Quiet areas in the rooms are available all day and children can take a rest when they want. Staff will not force a child to sleep or keep them awake against his or her will. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sudden Infant Death Syndrome [SIDS or cot death]

Sudden Infant Death Syndrome is the unexplained death of a baby where no cause is found after a detailed post mortem.

The safety of babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death. This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- Babies/toddlers will never be put down to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually at regular intervals when sleeping and babies, this will be recorded on the chart and checks will take place at least every 15 minutes.
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed.

We provide a safe sleeping environment by:

- Ensure blankets and muslins are not covering faces.
- Monitoring the room temperatures (thermometers displayed in each room)
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Cots or prams are never left in direct sunlight or next to radiators
- Ensuring each child is provided with clean bedding
- Should a baby fall asleep while being bottle fed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking/vaping policy.
- Evacuation cots are in reach in case of an emergency.
- All children's mouths are checked before sleeping.
- Sleep mats are regularly checked for damage

Arrangements for Sleeping Children

Babies

Babies have cots in their room. Staff supervise children when they are sleeping by doing regular checks, these checks are recorded on a Sleep Chart for recording the time and name of the person carrying out the checks. When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the baby, particularly around the lips and fingers. When babies fall asleep in a pram during garden time or a local trip in accordance with parental permission, they will be physically checked every ten minutes. If a baby does fall asleep in a pram then it will be adjusted to the flattest position possible and staff will ensure the straps are not restricting the child's airways/breathing.

Toddlers

Between 1:00-2:30pm is our set sleep time, however we do have flexibility and understand children have individual routines. Toddlers sleep in their room, on individual sleep mats. Toddlers tend to nap after lunch however quiet rest areas where large cushions are available ensure they can have a rest whenever they desire. Their individual nap times are observed, as in babies, and they settle down whenever they need to. Familiar staff and key carers settle the toddlers down for their naps. Babies/Toddlers are monitored visually

when sleeping. Toddlers are physically checked on at least every 15 minutes for breathing. These checks are recorded on a Sleep Chart for recording the time and name of the person carrying out the checks. When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the child, particularly around the lips and fingers. A practitioner always remains either in the room or within earshot when children are sleeping.

Pre-school

Older Children who still need a good daytime nap will remain in the preschool room in a quieter area to ensure they get the sleep they need.