

# Oakmeadow CE Primary and Nursery School

## Rest & Sleep Policy



Reviewed and adopted June 2019

Next Review – June 2022

### **Rest and Sleep at Nursery Policy**

We recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their nursery session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

#### **The aim of this policy:**

To make parents and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care.

#### **In order to achieve the aim of this policy we adhere to the following:**

##### **Rest Areas**

Within both the 2 year old room and 3 year old room there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

##### **Comforters and comfort blankets**

The nursery shall not provide dummies for children nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.

Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

##### **Staff**

Staff are fully aware of the fact that children need 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 nap or a rest and relax after lunch each day.

**Parent's wishes**

The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.

Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be taken into account provided that these wishes are in the child's best interests.

**Sleep Records and monitoring**

Record sheets are completed each day to record how long each child has slept for whilst at nursery. This is shared with the parents/carers when they collect their child from nursery. (See attached) Our sleep records are kept in a named folder in the 2 year old room.

Our children in the 2 year old room and 3 year old room are encouraged to rest after lunch, but the facilities are available for them to sleep at other times of the day, if needed, in either the rest areas indicated above.

If a child does have a nap at a set time, familiar staff settle them down for their nap on a sleep mat with pillow and blanket and quiet classical music is played for them. A member of 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:

- By 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 sleep mats with their own blanket and pillow. All sleep mats will be cleaned after each use and kept in good condition.

Children who do not need a nap after lunch enjoy "quiet time" following rest and relax when they have the opportunity to engage in quieter activities such as playing board games, reading or playing with small world toys or puzzles in a smaller group.

**The importance of rest and sleep**

We ensure 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.

# Sleep Record Sheet

Name of Child:

Date	Time asleep	Time checked on	Time woken	Additional comments	Parent/carer informed