

Sleep and Rest Policy

Policy Aim: To ensure children who need to sleep or rest during the day, have their needs met to support their development and well-being in a safe sleeping environment.

We talk to parents about their child's sleeping routine and work with them to support the same sleeping pattern at nursery.

Children have the opportunity to rest or sleep if they need or want to throughout the day.

Children are laid to sleep in our quiet sleeping zone, in our nursery room, in a separate cornered off area. They are supported to feel comfortable and settled by a member of staff.

One member of staff in the room is allocated the job of checking the children sleeping and if they have to leave for a lunch break / end of shift this role is handed over to another member of staff.

Children sleep on sleep mats, with a fitted sheet and cellular blanket, no pillow. Children are allowed comforters where needed to help them sleep.

Children are monitored every 10 minutes to check:

- They are not too hot or too cold
- They are comfortable
- Their breathing by placing a staff member's hand on their chest or back, or putting the back of their hand near the child's mouth to feel for breath
- They look well, not a blue colour
- That blankets are not wrapped around them

The time the child goes to sleep and wakes up is recorded on the Sleep record, with the time of the above checks and initials of the staff member carrying out the checks.

If the child has not gone to sleep after 15 minutes of being comforted, then the staff member should consider getting them up and maybe trying them later for another sleep.

When the children wake up, they are encouraged to use the toilet or have their nappy changed and offered a drink.

As they grow, they will usually develop a routine in which reducing the length or the frequency of their daytime sleeps, we will work their parents to support this.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will.

This policy was adopted on: February 2020

Last reviewed:

Date to be reviewed: February 2021

Signed on behalf of Panda Nursery:

A handwritten signature in black ink, appearing to read 'Alison Thompson', written over a horizontal line.

Alison Thompson - Director