



# Policy and Procedure

## Cross Gates Primary School

### **Sleep and Rest Policy**

Written by: James Garden

Ratified by Governors: November 2019

Reviewed: February 2024

Review Date: February 2026

## The Importance of Rest and Sleep

Young children get very tired during the day and need to have opportunities to rest and sleep. We provide flexibility and opportunities for children to take rests and naps as they need. The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day, realising it is a highly important part of their personal and developmental needs.

## Rest Areaa

There is a quiet rest area next to the nursery play space with rugs and sleep mats where children can go to rest/sleep. In addition, there are cosy spaces within the play area, for example, the book nook in the reading area and the sofa in the home corner.

## Parent's Wishes

Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines, which vary as they grow and develop. The preferences and wishes of parents are always valued and respected; staff work closely with them to ensure each child's individual needs are carefully met.

## Safe Sleeping

- The nursery has a 'Sleep Chart' document and children are monitored every 15 minutes during their sleep time. This is signed by the member of staff at each interval.
- Sleep Records are completed each day as part of the children's daily care diary so confirmation is always available regarding the times each child has slept on any given day.
- A member of staff is within earshot of the rest area at ALL times.
- All children's mouths are checked before going to sleep.
- The sleep area is well ventilated, with the room's temperature at 16-20c (recommended guidelines), however this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in playrooms to ensure temperatures are monitored.
- Children have their own sheet, blanket and pillowcase, stored in a drawstring bag, which will be used during rest times.
- The children's bedding is washed at least once per week.

## Safe Sleeping Checks: Whilst Sleeping

- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or by putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure they are not too hot or cold.

### Settling Sleepers

- Comforters, muslins, dummies and soft toys, where required, should be provided from home and these will be stored with your child's personal belongings.
- If a child has a dummy, and this should fall from their mouth during their sleep, the member of staff will not put it back into the mouth unless the child wakes and requires it again.
- Children will be settled by a member of staff, for example, by reading a story or playing soothing music.
- Staff attend annual safeguarding training and appropriate methods to comfort children are regularly reviewed.
- The nursery will not allow a child to consume milk from a bottle as a soother, to settle themselves to sleep.

This policy is devised in conjunction with other school policies including those relating to the safeguarding of children and child protection protocol at Cross Gates Primary School.