



# The Early Years Centre Nursery Sleep and Rest Policy

2022 - 23

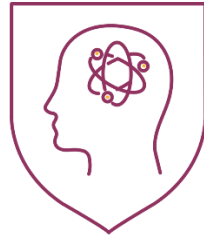
**Date last reviewed** | August 2022

**Review period** | Annually

**Lead Reviewer(s)** | Nursery Manager



***“Empowering students to aspire, create and excel in the world that is, so they can help create the world that will be”***



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## 1. Introduction

We recognise that as part of a toddler’s early development, it is necessary to provide all children with the opportunity to rest or sleep during their time at Nursery. We believe that individual children’s sleep needs can be different, and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need.

## 2. Aims and Objectives

These guidelines aim to make parents and staff aware of our approach to sleep and rest and to ensure that all children get all the sleep they need for growth, development and wellbeing while in our care.

- Parents’ and carers’ wishes should be respected with regard to their children’s sleep requirements provided that the child’s welfare is not compromised.
- Comfort blankets and soft toys bring enormous comfort and reassurance and parents can send in their own personal items from home. Blankets and items from home are never shared. Each child will have their own specific sheet and pillow. These are stored in a bag of their own clearly labeled. Bedding is washed weekly, by parents, unless the need arises at an earlier point in the week.

## 3. Methods

- Within the nursery there is a designated sleep room where children can rest or nap.
- During induction meetings, parents share their child’s current routine and requests for napping. 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.

- Children are encouraged to say or indicate when they are tired or need a rest.
- Staff are trained to recognise when individual children may be tired and in need of rest.
- 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.
- Records sheets are completed each day to record how long each child has slept for whilst at nursery.
- Some children who are out of nappies need a sleep nappy during sleep time, and our staff ensure these children are changed into their sleep nappy prior to being settled for a nap.
- Familiar staff settle the children down for their naps. A member of staff remains in the sleep room at all times while the children are sleeping.
- Staff will check the child's sleep position, breathing, colour and temperature. Only one child will be on a bed/ in a crib at a time.
- Children will be woken up and carried if the fire alarm sounds to evacuate the building as quickly as possible
- We will never force a child to wake up before they are ready. If we are instructed by parents for a shorter sleep time for a child then we will call their name and make some noise around them but we will not physically touch them. Children should be allowed to wake up naturally and in their own time. Equally, we will not force children to go to sleep if they do not wish.