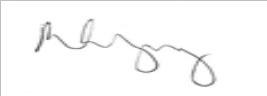





## Nursery Rest and Sleep Policy

**Author / staff lead: Miss H Johns**

**Abstract:** This policy sets out the Nursery's approach to children who require a rest or regular sleep as part of their session.

Approved by:	Mrs M Young Chair of Governors	
Approved by:	Mrs J Watson Headteacher	
Last reviewed on:	15/01/2024	
Next review due by:	14/01/2027	
Policy number:	LRS0094	

At Lent Rise 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 session. Children need sleep and rest periods to help with their development. This policy has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep in the Nursery.

All children develop at different rates. As a result, we need to adapt our practice and provision in order to meet these needs throughout the day. As children grow, they usually develop a routine in which they can reduce the length or frequency of daytime sleeps. Children at the Nursery will have the opportunity to rest or sleep if they need or want to. At these times, the staff will create an environment for the children to rest or sleep, i.e. a quiet area to cuddle up with a book or access to a sleep mat for older children.

Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will. During initial settling in visits, each child's individual day time sleeping routines will be discussed to consider the length of sleep, any suitable comforters used to support, a child's sleeping position, as well as any key words or actions a child might display in order to indicate that they need to sleep.

### **Rest Areas**

Within each Nursery area there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax.

Soft furnishing are to be washed and checked regularly to maintain hygiene.

### **Sleep monitoring**

- All sleeping children must be checked at 10-minute intervals.
- Staff who are working in the room are all responsible for checking the children.
- Checking a child while sleeping should involve:
  - Placing a hand on their chest to check they are breathing or 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 around the child.
- The sleep record sheet (see appendix 1) is used to record the checks and is signed by the member of staff carrying out the check.
- A record of each child's daily sleep pattern is recorded too.

### **Sleep Records**

In Nursery rooms sleep record sheets are completed each day so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed regarding their child's sleep/rest verbally.

Management check records periodically to review safety procedures.

### **Appendix 1: Example sleep record**

Sleep Record Sheet- Starfish Nursery



Date	Child's Full Name	Time Fell Asleep	Checked	Checked	Checked	Checked	Checked	Checked	Time Woke Up	Comments	Parents Informed