

Rest And Sleep Policy

Throughout the day children will be given the opportunity to rest and sleep appropriate to their age/ stage of development and their individual needs. The individual sleep and rest pattern of children will be discussed and agreed with parent/ carers and met as far as possible within the daily routine.

Rest times

- Comfortable areas and an appropriate environment will be provided to allow children to rest as and when they wish to throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, read/ look at books and sung to.

Sleep times

- Staff will recognise that children have individual needs when being settled to sleep.
- Comfort items such as blankets, toys from home, etc., may be used in line with parent/ carers wishes and never used as a punishment or bribe.
- Staff will ensure that children are clean and comfortable before being settled to sleep.
- An appropriate environment will be provided to encourage children to settle to sleep such as:
 - Drawn blinds/ curtains to darken the room.
 - Sufficient room between beds and cots to prevent disturbance.
 - Relaxing music played.
 - Children who are not sleeping or are unable to settle may be taken to another area to prevent disruption.

In order to ensure that children sleep safely:

- Children will be provided with a cot or bed for their use at nursery, dependent on parent/ carers wishes.
- Personal bedding will be provided which is clean and in good condition.
- Children who are sleeping on beds will sleep alternate top to toe to avoid the child breathing closely on one another.
- Babies will be slept in line with the most up to date guidance on safe practice from relevant bodies such as the Department of Health or Lullaby Trust.
- Babies who are sleeping will be checked at a minimum of 10-minute intervals. A record of these checks will be maintained.
- Children will be supervised at all times while sleeping.

Staff will help children to settle to sleep by:

- Rocking them.
- Comforting them.
- Rubbing their back or hair.
- Singing to them.
- Reading to them.

Physical restraint will never be used when settling a child to sleep. If a child does not settle to sleep after a period of 20 minutes, they will be allowed to get up and play.

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.



Springboard Nursery, Policies and Procedures

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.

Date: 01.09.2022