Rest and Sleep

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 parents/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, look at books and be read or 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., will be used in line with parents/carers wishes and never used as a punishment or bribe.
- Staff will ensure that children are clean and comfortable before being put down to sleep.

An appropriate environment will be provided to encourage children to settle to sleep such as:

- Draw curtains to darken the room.
- Have sufficient room between beds and cots to prevent disturbance.
- Children who are not sleeping or unable to settle may be taken to another area to prevent disruption.

In order to ensure that children sleep safely:

- Each baby must have his/her own bedding which will be washed at least weekly or when necessary.
- Cot mattresses will meet safety standards.
Children under two will not be given pillows, cot bumpers or any soft furnishings in order to prevent risk of suffocation. We follow all cot death guidelines and advise parents of this information.

Cots will be checked before use to ensure no items are within reach i.e. hanging over or beside the cot.

Checks on sleeping babies will be completed every ten minutes. They are documented with the time and staff initials on the sleep check form.

In addition to these checks intercoms will be used when babies are sleeping in sleep rooms.

Older 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 time, they will be allowed to get up and play in another room.

This policy was created on

Signed on behalf of Pre School Academy

Date of review