

Rest and Sleep Policy

Statement

Pickering Pre-School Playgroup aim to ensure that all children have enough sleep to support their development and natural sleeping patterns in a safe environment. Every child's needs are different so we provide flexibility and opportunities for children to take naps and the rest as they need. The pre-school ensure that all children will receive the rest and sleep that they need during the pre-school day and regard it to be a highly important part of their personal and developmental need. We recognise parents / carers' knowledge of their child in respect of sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. Signed parental consent for allowing their child to nap will be sought. Once their child starts at pre-school frequent Face to Face discussions between staff and parents will ensure the parent's current wishes are always met.

Rest Area

Within the pre-school there is a quiet carpeted rest area with soft seating and cushions where any child can go at any time if they wish to rest and relax. A number of rest / nap beds are available for children to use throughout the day. The beds are perforated beds, making any naptime / toilet accidents easy to clean, hygienic and ensures that each child has their own place and space. Clean bedding sheets are used each time a bed is to be used by a different child. Their individual nap times are observed and times recorded on Tapestry. Sleeping children will be monitored and the room will never be left unattended.

Parents' Wishes

The preference and wishes of parents are always valued and respected, and staff work closely with them to ensure each child's individual needs are carefully met and their wishes regarding sleep patterns will be respected. Some parents prefer their children to have only a short sleep; fearing it infringes on their night-time sleep and this will be taken into account on the understanding that it is also in the best interest of the child. We will never force a child to stay awake or go to sleep. Some parents allow their children to arrive at pre-school with a comforter / dummy. The charity "Speech and Language UK" state that "there is a lot of confusing advice available about the use of dummies and it is important to be aware of the range of arguments. Dummies can be useful in settling young babies.. but their usefulness declines after a developmental age of about six months. It may also be advisable to restrict dummy use to night time where possible. However, there is no strong evidence that dummy use will impact the development of speech skills in young children". The use of a dummy within pre-school is not encouraged but may be used at nap times under the discretion of the manager / deputy. See Dummy Policy.

Staff

Staff are fully aware of the fact that children need to rest and sleep. Staff appreciate that children have individual needs and routines that vary and change as they grow and develop. Children are encouraged to indicate and say when they are tired and need to rest, and are also encouraged to take a rest or nap during certain times of the day. A quiet area is available all day where children can take a rest when they want. Staff will not force a child to sleep or keep a child awake against their will. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleep Records

Sleep Records will be completed each day so that confirmation and information is always available regarding the times each child has slept on any given day. Parents are kept informed regarding their child's sleep / rest both verbally and through the sleep section on Tapestry. Management will check records periodically to review safety procedures.

Sudden Infant Death Syndrome (Cot Death)

We will have due regard for Sudden Infant Death Syndrome guidance, this includes.

- Toddlers will never be put down to sleep with a bottle / sippy cup to self-feed.
- Nap-beds will not be shared.
- Toddlers will be monitored visually when sleeping and will never be left in the room unsupervised.
- When monitoring children, the staff member will look for the rise and fall of the child's chest, and if the sleep position has changed.

We provide a safe sleeping environment by:

- Monitoring the room temperature (thermometer displayed in the room).
- Ensuring each child is provided with clean, light bedding / blankets.
- Comforters will be given where required. They will not have cords attached that could present a strangulation risk.
- Keeping all spaces around nap beds clear from hanging objects such as cords and drawstring bags.
- Should a child fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest.
- Having a no smoking policy.

This policy was adopted at a meeting of Pickering Pre-School Playgroup held on 31st August 2023.

Date to be reviewed – Before end of August 2024.

Signed on behalf of the management committee

Name of signatory – Richard Allenby (Chairperson).