



FLAKEFLEET PRIMARY SCHOOL

Sleep Policy for Nursery September 2017

Children get very tired during the day and need to have opportunities to rest and sleep within the nursery day. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need. It is very important that young children get all the sleep they need and so we prioritise and facilitate this within the daily routine. Routine sheets are filled out with the parent and key person when they are settling into the nursery and staff will follow the child's routine provided by the parent/carer. 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.

Rest areas

Within each room there are quiet cosy rest areas with soft seating or cushions where children can go if they wish to rest and relax. Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines which vary as they grow and develop. A cot is available in the two to three year old room and it is of a safe and secure standard.

Comforters and comfort blankets

Comfort blankets and soft toys are welcome as they bring comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times.

Monitoring and Recording

While children and babies are sleeping, a staff member will check on each child every 10 minutes by:

- Placing hand on chest to feel for chest rising, visually checking breathing, observing colour of skin, looking to ensure child is comfortable but not in a position that may be dangerous, ie. a child sleeping face down

- Sleep sheets will be initialed and the time documented by a member of staff.

Safe Sleeping

- The room temperature is kept between 16-20 degrees
- All children are placed to sleep in a cot on their back
- All mattresses are in first class condition, clean and fit for purpose.
- Wipe clean sleep mats and cot mattresses will be used and cleaned and dried before and after each use
- Children's heads are uncovered and hats removed
- Each mat and the cot will have its own blanket which will be washed after each use
- Staff follow the individual routine for each child in accordance with parental wishes.

When children are collected, feedback about the child's sleep will be given to the adult verbally.

Policy adopted: September 2017

Policy review: Summer 2018