



Bishops Lydeard Church School Nursery

Rest and Sleep Policy

September 2023

Sleep and rest times are key times in the day for promoting health and well-being. Younger children may need to sleep, especially if they attend nursery for a full day, but older children do not usually need to.

We do not have a separate room available for sleeping children. There is a designated 'quiet/rest' area by the pegs which is available to the children throughout the day. This area is sectioned off from the main room by a screen and has no light directly above it. A quilt is placed on the floor with cushions and blankets for comfort and these are washed regularly. When a child is resting or if they fall asleep, the window blind next to the area is closed to help make the area darker. A temporary gate is placed across the opening, so the child is not disturbed. The gate has a sign with the words 'shhh' quiet please and a picture of a child sleeping.

When a child is sleeping, if possible, most of the other children will play outside. Those choosing to play inside will be encouraged to do a quiet activity. At times it may be necessary for all the children to be in the room while a child is sleeping. When this is the case, they will be asked to play quietly or a member of staff will lead a quiet group activity, for example reading stories. A member of staff will always be in the room or changing area when a child is sleeping.

Children requiring a regular sleep

Before the child starts nursery there will be a discussion with the parents/carers about the child's sleeping patterns. This will be recorded on a personalised sheet detailing suggested time of sleep and preferred soother, comforter, or toy. Parents/carers will be asked to provide a sheet/quilt/blanket and pillowcase which are sent home at the end of the week for cleaning.

Procedure:

- Nappy is changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed.
- Children sleep on a blue bed (with short legs) to avoid them lying in a draught.
- As a child settles down to sleep a member of the nursery staff may read them a story. The child may also be comforted by gently stroking or patting their back – *only after asking the child first.*
- If a child falls asleep while in the 'quiet' corner, they will not be moved onto the bed, but own bedding will be gently placed over them.
- If children fall asleep in another area of the room, it may be necessary to move them onto the bed or wake them to make sure they are comfortable.

- Sleeping children are within sight and/or hearing of staff and are checked every 15 minutes. The check includes: the child's position, any change in the child's normal breathing pattern, any change in the child's normal skin colour, ensuring the child's head is uncovered and the room temperature.
- After each child has used the bed, it is sprayed with antibacterial cleaner and wiped down.

Recording

- Sleeping children are checked every 15 minutes and this is recorded on a sheet. The record sheet shows the child's name, time of sleep and boxes to initial each time the child is checked.
- Parents are informed at the end of the session the times and length of their child's sleep.