

# PHEASEY PARK FARM EARLY YEARS CENTRE

## SLEEP AND REST PROCEDURES

**This policy links to:**

The Early Years Foundation Stage (DfE 2021) Statutory Framework

**Setting the standards for learning, development and care for children from birth to five**

### **1. IMPORTANT**

**1.1. Pre-School children can very tired during the day and NEED the opportunity to rest/sleep within the nursery day**

1.2. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire.

1.3. It is VERY important that young children get ALL the sleep they need and so we prioritise and facilitate this in all departments of the nursery

1.4. We respect parental wishes with regard to children's sleep, but the welfare of the child is always paramount.

### **2. COMFORTERS AND COMFORT BLANKETS**

2.1 Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children, especially when they are new to the nursery and during rest and sleep times. PLEASE NAME THEM.

2.2 Parents may wish to provide dummies for their little ones, for they too can provide comfort during rest and sleep times, however the nursery does not provide, supply or ever introduce them to children themselves.

2.3 If parents do provide dummies for their children to use it is essential that they also provide a hygienic 'Dummy Pot' that can be sealed to store the dummy in when not in use.

2.4 Dummies are usually restricted to sleep and rest times. They are not encouraged in the childcare rooms for they can hamper a child's speech, interaction with others and are a major cause of speech delay.

### **3. REST AREAS**

Within each room there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax.

### **4. STAFF**

- 4.1 Staff are fully aware of the fact that children need to rest and sleep
- 4.2 Staff appreciate that children have individual needs and routines which vary as they grow and develop
- 4.3 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.

### **5. PARENTS' WISHES**

- 5.1 The preferences 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.
- 5.2 Younger babies usually need both morning and afternoon sleeps, but these depend upon parents' wishes
- 5.3 Some parents prefer their children to only have a short sleep - fearing that it infringes on their night-time sleep, and this will be taken into account PROVIDED it is also clearly in the child's best interests.

### **6 SLEEP RECORDS**

In the Baby and Pre Nursery rooms sleep times are recorded on the child's individual Family profile throughout the day keeping parents fully informed of their child's sleep pattern.

### **7. SUDDEN INFANT DEATH SYNDROME [Cot Death]**

- 7.1 Nine out of ten deaths from SIDS occur within the first six months; however, we follow the guidelines from the Lullaby Trust to ensure their continued safety when sleeping in cots or prams
- 7.2 Room temperature is kept between 16-20 degrees Celsius
- 7.3 Cots or prams are never left in direct sunlight or next to radiators
- 7.4 We follow the 'feet to foot' sleeping position
- 7.5 We ensure all mattresses are in first class condition, clean and fit for purpose. Children have individual sheets cleaned daily.
- 7.6 Lightweight blankets are provided, pillows are not used in Baby Room.

## **8. BABIES**

- 8.1 Babies have a Sleep Room with comfortable evacuation cots
- 8.2 All babies have comfortable and clean bedding
- 8.3 Staff remain within view and ear shot of sleeping babies

## **11. PRE NURSERY**

- 11.1 Pre Nursery Rooms have designated quiet areas which are used for peaceful activities and afternoon naps.
- 11.2 They tend to nap after lunch, however facilities are always available for them to sleep at other times if needed.
- 11.3 Pre Nursery children sleep on fold out mattresses in a cosy carpeted area to ensure they are warm and comfortable. Individual sheets are supplied.
- 11.4 Some Pre Nursery children who are out of nappies and need a sleep nappy during the quiet time, so they are provided as required.
- 11.5 Familiar staff and key carers settle the Pre Nursery children down for their naps and quiet classical music is played for them if appropriate.
- 11.6 A member of staff remains in the room within earshot at all times when children are sleeping

## **12 THE IMPORTANCE OF REST AND SLEEP**

The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.