

SLEEP AND REST POLICY

Introduction

Children need regular periods of rest and sleep for healthy growth and development. Staff recognise that each baby/child has individual sleep needs and routines, which change as a child gets older, and that these need to be respected. They also recognise the importance of establishing and maintaining regular sleep routines and will work in partnership with parents/carers to develop consistency in routines between home and the Nursery.

Parent and Child Sessions at the Nursery (Stay and play and open day sessions)

- During these sessions at the Nursery, it is the responsibility of the parent/carer to look after their child/children's rest sleep needs.
- Staff will try to provide a quiet area where the child can rest/sleep if possible.
- Staff are available to give advice about children's sleep patterns and requirements, the establishment of bedtime routines, etc. and leaflets are also available.

Nursery

- Staff work in partnership with parents/carers to ensure that each child's individual rest and sleep needs are met.
- Staff respect the length of each child's rest/sleep, according to the needs of the child and wishes of the parent, children will have a minimum of 1 hour of sleep.
- Each child is supplied with appropriate sleeping equipment, e.g. cot, sleeping mat/bed, sheet, teddy, dummy/comforter.
- Staff remove shoes from children settling to sleep, for comfort and hygiene reasons. Any warm jumpers/cardigans are also removed.
- Staff will sit with or near and comfort any baby or child settling to rest/sleep, providing a personal comforter, e.g. dummy, teddy, as appropriate to that child. If, after an appropriate length of time it is clear that a child does not want to rest or sleep, staff will encourage them to rejoin the activities in nursery.
- Nursery staff adhere to the up-to-date recommendations by the Foundation for Sudden Infant Death, also known as Cot Death.
- All babies are put to sleep on their backs; if a parent/carer wishes their baby to sleep on his/her front, they must give written parental consent.
- All babies under the age of one year sleep in either a cot or carrycot.
- Under no circumstances do babies/children share a cot, sleep mat or bed linen.
- All sleep mats are covered with a fresh, clean sheet.
- All sleeping areas have adequate ventilation and fans for use in hot weather; temperatures are monitored.
- Staff check each sleeping baby/child removing bedding from their faces in order to complete the check. This is completed every 15 minutes documented onto the sleep check/tick list.
- After each use, cots are stripped, sleep mats/beds are sprayed with antibacterial spray and bedding/linen to be stored in the child's individual sleep bag provided by the nursery, linen is then sent to the laundry after the child's weekly sessions have finished.



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