



MARTENSCROFT

NURSERY SCHOOL & CHILDREN'S CENTRES

Rest and Sleep Policy:



School Name:	Martenscroft Nursery School
Author:	J.Rogers
Approved by:	Elaine Bates
Ratified date:	March 2024
Interim review date:	
Next Review date:	March 2026





MARTENSCROFT

NURSERY SCHOOL & CHILDREN'S CENTRES

INTRODUCTION

At Martenscroft Nursery School & Children's Centre, we believe that effective rest and sleep strategies are important factors in ensuring a child feels safe and secure in our environment. We recognise that each child is special and unique, with their own individual needs. We work closely with the parents/carers of the children in our care to ensure the consistency of practice between home and setting. This also allows us to discuss and take account of the wishes of parents/carers daily. Whilst we always take parent/carers' requests into account, we will use our professional judgement in determining the rest and sleep needs of every child. The welfare, wellbeing and safety of every child is paramount. No baby will be left for an inappropriate amount of time in which to become distraught nor will children be woken unnecessarily. Key person will speak sensitively to parents/carers about why sleep and rest are important for their child and how children have the ability to self-regulate their sleep.

OUR REST AND SLEEP PRACTICE

- Each child will have their own cot or bed, dependent on their age and stage of development. The decision as to which to use is made in consultation with the child's parents. Cots/beds are labelled with names and/or photographs.
- Babies and young children will be placed on their back to rest. If older babies turn over during their sleep we allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- Staff will help children to settle for sleep and let them sleep as long as they need and wake naturally where ever possible. No child is forced to sleep and sleep times are always supervised by an adult.



MARTENSCROFT

NURSERY SCHOOL & CHILDREN'S CENTRES

- Sleeping and resting children will sleep individually on their bed and will be closely monitored, and a physical check carried out every 10 minutes. Checks will be documented on a sleep chart, which is displayed prominently in each room and will be used in case of Emergency Evacuation. An Evacuation Cot is kept in each of the younger children's rooms.
- Records are kept of children's individual sleep patterns each day. These will be shared with parents and carers.
- All rest and sleep areas have a maintained temperature, and airflow if required, and in some areas music conducive to sleep is played.
- Children who are unwell will be given the highest supervision priority and monitored constantly.
- At no time will a baby or small child's face be covered with bed linen. Quilts and duvets will not be used as bed linen; light blankets will be used. We provide bedding; although parents may choose to bring it from home if they prefer to do so.
- Each child will sleep on fresh bed linen. Cots/beds are cleaned once a week; more if needed. Bedding is changed on a regular basis and washed and dried in the centre's laundry.
- If a child falls asleep in an area other than the sleep area they must be transferred to a sleep mat.
- Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of parents/carers wishes when dealing with sleeping children. However, unreasonable requests by parents/carers will be discussed with the Head of Childcare and alternatives sought e.g. Children going to sleep with bottles.



MARTENSCROFT

NURSERY SCHOOL & CHILDREN'S CENTRES

- We will not carry out requests of parents/carers if they feel that it could put the child in any danger.
- Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.
- Any parental request for deviation from our practice must be discussed with the Head of Childcare.
- Staff attend training opportunities delivered by 'Lullaby Trust'