

SLEEPING AND REST TIMES

Policy

Puffin's endeavours to ensure children have appropriate access to rest/sleeping areas throughout the day.

Sleeping requirements and limitations will be discussed with parents when their child is enrolled into the setting. Rest and sleep times will be recorded on the Ovivio app for parents to view.

Sleeping equipment

Sleeping mats/cots are provided by Puffin's and are cleaned regularly. Bed sheets and blankets will be washed on site at the end of every week. Children are not permitted share bedsheets and blankets.

If a child requires a comforter at sleep times, this must be provided by the parent/carer and clearly labelled to ensure it does not get lost.

Parents may also provide sleeping bags/sleepsuits if their child requires it for sleep time. This must be clearly labelled.

Sleeping arrangements

Babies under 1 year will be laid to sleep in a cot. Children 1 year and older will be rested onto sleep mats and patted to sleep by staff. Children must be laid down top to toe when sleeping on sleep mats to avoid the spread of infections. Staff must check children whilst they are sleeping every 10 minutes. This is to ensure they are breathing and do not over-heat.

Children are to be put to sleep wearing one layer of clothing, such as a top and trousers, hoodies/ jumpers are to be removed. Removal of clothing should reflect the temperature of the room (e.g. short/ long sleeves) to avoid over heating/ the child getting too cold.

Staff must adhere to the Safer Sleep regulations in the EYFS and ensure children under the age of 2 are placed down on their backs in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 12 months and under must only be placed to sleep in a cot.

Sleep comforters

If a child requires a comforter such as a Teddy or Dummy for sleep time, this must be provided by the parent/carers. Parents/carers must inform staff on enrolment if their child requires a comforter for rest time. All comforters must be clearly labelled.

Waking children from their sleep

Children must be woken up in a gentle and considerate manner. Staff must use soft voices when trying to verbally wake children. If this has no effect, staff may then gently pick the child up to cuddle them awake.

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Although Puffin's staff will encourage the children to have adequate rest and sleep times as directed by parents/carers, children will not be forced to sleep. If a child is patted for a reasonable amount of time and shows no interest in sleeping, the child will be encouraged up from their bed. Another attempt will be made slightly later in the day if it is needed.

If a child does not usually sleep during the day but is showing signs of extreme tiredness, on the first occasion staff will contact the parent/carers to check if the child is permitted to have a short rest. If contact cannot be made, a senior member of the team will make the decision as to if the child can have a short sleep.

This policy was reviewed on:

Signed by:

Print: