

Watery Lane Preschool

Sleep and Rest Policy



Policy statement

Every child's needs are different so at Watery Lane Pre-School we provide flexibility and opportunities for children to take naps and rest as they need and regard it to be a highly important part of their personal and developmental need.

We recognize parent/ carers' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routine and well-being continues to be met.

Rest Area

A rest area with cushions and sleep mats is located within Acorns, the 'Two Year Old' Area which has fencing surrounding it to ensure children can sleep without other children playing in close proximity.

Parent's Wishes

Parent's wishes are always valued and respected and staff work closely with them, to ensure each child's individual needs are carefully met. 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. We will never force a child to stay awake or go to sleep.

Comfort Blankets

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children especially when they are new to Preschool and during rest and sleep times.

Dummies

Dummies are not encouraged within Pre-School as they can hamper a child's speech, interaction with others and are a major cause of speech delay. These may be used if needed during rest and sleep times only.

Staff

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

Procedures

- 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 if they need to.
- Staff will not force a child to sleep or keep them awake against his or her will.
- A sleep log will be maintained to share with parents on tapestry.
- Parents are kept informed regarding their child's sleep rest verbally on collection of their child.
- Children will be regularly monitored visually when sleeping and will never be left in a separate room to sleep.

- When monitoring a sleeping child the staff member will look for the rise and fall of the chest, and if the sleep position has changed.
- Should a child fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface, in the 'Two Year Old' Area to complete their rest.
- Sleeping mats and cushions will be checked as part of the weekly checks to ensure they remain in good condition.

Legal framework

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- Please see our Health and Safety Policy, Safeguarding policy

- **Safeguarding and Welfare Requirement: Health**

A unique Child	Positive Relationships	Enabling environments	Learning and development
1.2 Inclusive Practice 1.4 Health and Well-being	2.4 Key Person	3.4 The Wider Context	

This policy was adopted at a meeting of **Watery Lane Preschool**

Held on _____

Signed on behalf of management committee _____

Name of signatory _____ Role of signatory _____

Date to be reviewed _____