

Sleeping Policy

AIM

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

At Knowle Nursery School we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout.
- Communication between the Nursery and the family is promoted and this starts prior to child starting nursery so information shared and routines established and agreed.
- Consistency of care as far as possible.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.
- At all times the child's safety, dignity and wellbeing is promoted.

Sleeping Area

As Knowle Nursery School is a sessional nursery, naps are accommodated within the nursery room and there is no set nap time, it is on a needs basis. Small mattresses are provided, along with clean bedding. There is always a member of staff present when a child has a nap.

The Early Years staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

The nursery team will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep. Staff will be alert and responsive to a child's needs if showing signs of tiredness.

Parent/ Carer Responsibilities



Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that the nursery always has their emergency contact details.

Enabling Environment Equipment procedures

When supporting children who need to sleep staff will ensure:

- Provision of bedding – fitted sheets, top sheets and cellular blankets
- Small wipe clean individual
- Quiet areas where children can rest if they fall asleep, in 3-4 year old room (quiet den area off the quiet book corner)

Health and safety procedures

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- Sheets are removed and washed after every use on beds
- Used bedding should be placed in the washing bin in the bathroom and then washed with non-biological washing detergent.
- Torn or ripped bedding is removed immediately and replaced.
- Parents asked prior to children starting Nursery if their child has allergies to washing

