



Sleep and Rest Policy

Young children need sleep and rest periods to aid development. As children all develop at different rates we try to meet each child's individual need. Little Ray's team must ensure that all children attending nursery can rest or sleep if they want or need to.

Staff must ensure that a suitable environment is created to enable children to rest or sleep. We provide a cosy corner with mats and blankets. For babies we provide travel cots. In the outdoor environment we provide a quiet area and at forest school children are able to rest or sleep in hammocks.

We have selected some information recommended by the Lullaby Trust www.lullabytrust.org.uk.

We regularly check safe sleeping environments. The periods of all children's sleep will be recorded on the nappy and sleep chart.

Responsibilities

All staff working at Little Rays are responsible for ensuring that this policy adhered to at all times.

When children and babies are asleep staff must ensure that no objects such as toys or pillows are near a child's head or face.

When a baby or child is sleeping the child must be checked every 10 minutes. This must then be recorded on our sleep chart.

Only one child must sleep on one mat or in a travel cot at each time.

The mats and cots must be wiped down prior to and after each child sleeps. Any sheets and blankets used must be washed after use.

If children fall asleep whilst they are playing they must be transferred to the sleeping mats or cots as soon as possible.

If children fall asleep at the dinner table they must be removed from the table and placed down to sleep on the sleeping mats or in a cot as appropriate. Children are not allowed to sleep at the food table. This is because it creates a greater risk of choking if a child has food in their mouth when they fall asleep.

At 36 months children will not need to sleep however they will be given plenty of opportunities to take rest in the cosy corner provided if a child needs it.

Every effort will be made by the practitioners to ensure we follow children's routines although parents must be made aware that we have a responsibility that if children are showing signs of tiredness we must allow them to sleep.