



Sleep and rest policy

Every child's needs are different so at Market Rasen Pre-School we provide flexibility and opportunities for children to take naps and rest as they need it. However, being only a small setting we do not have the luxury of a sleep room or sleep area so have to follow a robust routine should a child need to sleep while in our care.

- We encourage children to sleep in the 'quiet corner' as it's the calmest place to be able to get some rest.
- We will supply a fold out sleep mat and encourage the child to lay on the sleep mat flat on their back.
- We will supply a blanket which will be washed after use of every child.
- Staff will encourage the other children to play a little further away so that children can sleep without other children playing in close proximity.
- With the age of the children in pre-school being 2-5 years, children do not often sleep in pre-school. If they do fall asleep, practitioners should make their manager or room leader aware, and management should contact parents/carers out of courtesy as this may not be typical for their child. They may be unwell or there may be a need for further support with sleep routines or other. The parent/carers will be asked how they want us to proceed when called.
- Children will be 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.
- Children should be checked every 10 minutes, to check they are still breathing.
- A record should be kept of the child's sleep on the child's learning journal through EyLog.

Should a child fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface, in the 'Quiet corner' area to complete their rest. Should they be on the pre school field - we will allow children to sleep outdoors as long as they are laid safely on the ground and on a dry day, out of direct sunlight or adverse weather. All the same care applies to sleeping outdoors as it does indoors.

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. Staff will not force a child to sleep or keep them awake against his or her will.

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children especially when they are new to the pre school and during rest.

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. However, if a child is settling in, or unwell and sleeping while waiting collection, we will allow this to give the child some comfort. This is to be judged on every individual case and staff should make that decision based on the Child's best interest at the time.

We will allow 'settling' children to fall asleep in a buggy- strapped in, however will transition the child to a sleeping mat once asleep.

There may be occasions based on individual needs where a child may only sleep in a buggy. Where this is the case, management should have a discussion with parents to promote safer sleep, and ensure there is effort being made to support moving away from the buggy for sleep routines both in setting and at home, which may be a long and gradual process supported by the setting, parents and health visitor if further support necessary.