



DALLIMORE PRIMARY & NURSERY SCHOOL

REST & SLEEP IN NURSERY POLICY- 2 yr unit

This policy links to: The Early Years Foundation Stage DfE 2014 Statutory Framework, setting the standards for learning, development and care for children from birth to five, section 3, Safeguarding and welfare requirements.

IMPORTANT

We recognise that young children get very tired during the day and may need opportunities to rest and sleep within nursery. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children get the sleep they need and so we facilitate this in the nursery and understand that it is an important part of their personal and developmental needs.

COMFORT BLANKETS AND TOYS

Comfort blankets and toys are welcome for they bring reassurance to small children, especially when they are new to nursery and during rest and sleep times.

REST AREAS

Within the nursery room there is a carpeted quiet area with soft seating where children can go to if they wish to rest and relax. Sleep mats and lightweight blankets are provided. These are all in first class condition, clean and fit for purpose. Pillows are not used. Bedding is washed after every use.

STAFF

Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate if they are tired and need to rest and are also encouraged to take a rest or nap if they appear tired.

PARENTS' WISHES

The preferences and wishes of parents are always valued and respected and staff work closely with them on a daily basis to ensure each child's individual needs are carefully met. Initially parents complete an "All About Me" booklet which identifies the child's current sleep routine in order for their child to continue the same routine in nursery.

SLEEP RECORDS

Sleep records are completed each day so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed verbally at the end of each session if their child has slept.

SLEEP ROUTINE

A member of staff helps children to settle to sleep and remains in the room, or within earshot, at all times when children are sleeping.

Policy written: June 2016

Review date: June 2017

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