

Rest and Sleep Policy

Statement of intent

At Little Sunbeams we recognise the importance of rest and sleep and we are aware that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep, should they need or desire it.

Aim:

We (The Management) believe that every child's needs are different, therefore we aim to provide flexibility and opportunities for children to take rests and naps during a session. We recognise the welfare of the child is paramount, therefore we ensure that all children receive the rest and sleep that they need during the day as we regard it to be a highly important part of their personal and developmental needs.

Methods:

1. We provide a quiet carpeted rest area with soft cushions in our book corner, where children can go if they wish to sit quietly, rest or relax at any time of the day.
2. Staff are fully aware of the fact that children need rest and sleep.
3. Staff appreciate that children have individual needs and routines which vary as they grow and develop.
4. Children are encouraged to indicate and say when they are tired and need to rest.
5. Older children are encouraged to take a rest after lunch in the main play room and younger children are moved to a smaller room and encouraged to take a nap at this time.
6. Record sheets are completed each day to record how long each child has slept for whilst at preschool.

Parents' Wishes:

The preferences and wishes of parents and carers, with regard to sleep patterns, are always respected and we work closely with parents/carers to ensure each child's individual needs are met. However these wishes will only be taken into account provided the wishes are in the best interests of the child and the child's welfare is not, in our opinion, compromised.

Comforters:

We recognise that comfort blankets and soft toys bring enormous comfort and reassurance to young children, especially when they are new to preschool, and during rest and sleep times. We request that all comforters are clearly labelled with the child's name.

Dummies:

We shall not provide dummies for children nor shall we introduce a child to a dummy if they have not used one before at home. However parents/carers are permitted to bring in a dummy from home for their child to use when at preschool as we recognise that a dummy can provide great comfort to a child during rest and sleep times.

If parents/carers do provide a dummy from home for their child, we request they also provide a hygienic dummy pot in which the dummy can be stored when not in use.

Dummies are usually restricted to sleep and rest times only, unless a child is extremely distressed, and are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Rest and naps after lunch:

After lunch all children are encouraged to rest or nap.

Older children, usually those aged three years and above, will remain in the main room and will be encouraged to rest for a short period of time, approximately 20 minutes.

Soft music or a story on a CD will be played and the children will be gently encouraged to sit or lay still while listening.

Following this rest period, children will have the choice of returning to their play or continuing their rest in the quiet area set aside in the room for resting should they wish to do so.

Younger children, usually those aged under three years, will be taken into the smaller room where sleep mats are provided, and will be gently encouraged to take a short nap. Soft music will be played and a member of staff will move around the room gently patting their backs and reassuring them as they fall asleep. A member of staff will then remain either in the room or within earshot of the children as they sleep.

If a child is taken into the smaller room for a nap but does not fall asleep within 20 minutes, they will be given the option of returning to join the older children in the main room if they wish to do so.

We recognise that some children who are dry during the day may need a nappy while sleeping and such children will be changed into their nappy prior to being taken into the smaller room. Parents/carers are requested to provide a nappy for their child should they need one.

Younger children who do not need a nap after lunch, or their parents/carers have requested they do not have one, will remain in the main room and follow the same rest pattern as the older children.

Version	Changes made	Author	Date
1.0	Implemented	Lyn D	22 nd Aug 2018