

## Sleep and Rest Policy

At Ringle Rainbow Nursery we aim to ensure that children have enough rest/sleep, we promote best practice for all children and provide a safe environment. We have adopted a policy of practice recommended by The Cot Death Society to minimise the risk of sudden infant death syndrome. The Childrens safety is paramount, and we work in partnership with parents to ensure this.

Children over one are:

- Put on their backs to sleep
- placed on a sleep mat located in our cosy corner
- we ensure that the room is well ventilated and not too hot or cold for the children.
- Jumpers and any loose clothing are removed before the child is placed down to sleep.
- The children are given their comforter if needed
- They are supported by an adult to sleep

### Procedure

Children's individual sleep patterns/routines are recorded when they start a Ringle Rainbow Nursery on their get to know you form on Babys Days.

The child's Key Worker will work closely with parents/carers to provide the best care for the children. We will explain our Sleep and Rest Policy to the parents to ensure they understand how we place the children to sleep and then they will ensure all staff are aware of each child's individual needs and how they like to be put to sleep.

Before the child is placed down to sleep, staff will ensure the following:

- the child is wearing a clean nappy if required
- the child has been fed or has had a drink.
- the child has their comforter if needed
- the room is not too warm and the environment is peaceful and relaxing

### Daytime Rest Policy and Procedure

Staff will prepare the child for a nap after lunch by moving the child into our cosy corner and turning off the lights on that half of the room, staff may want to read a story or play calming music while the child is going to sleep. Some children like to be cuddled or to be patted off to sleep, so staff will sit on the floor next to the sleep mat and rub the child's back. If the child has not gone to sleep after 20 minutes, then staff may consider letting the child get up and then try them for a sleep later. This will need to be discussed with the parent/carer from the start along with the length of time a child is left to sleep. If a child falls asleep in the arms of a staff member, they should be placed on a sleep mat as soon as possible.

Clothing should be loosened if it cannot be removed and other staff members need to be aware that if the child is still in a nappy, then they will need changing on waking up. Any child that falls asleep in the day will need to be laid onto a sleep mat in the cosy corner and not left where they have fallen asleep.

Older Children also need sleep and rest periods to help development. As all children are individuals who develop at different rates, we must ensure we meet their needs throughout the day. As they grow, their routine will change as will their need for sleep during the day. All children will be given the opportunity to rest or sleep in a quiet area. Here they can cuddle up with a book, listen to music or just relax.

### Sleep Monitoring

Children will be placed on a sleep mat in the cosy corner and a staff member will check the children sleeping in the cosy corner every 10-15 minutes and this will be recorded on Babys Days by the staff member that has checked on the child.

Staff are to record the time the child went to sleep and when they have woken on Babys Days and then to inform the parents when giving feedback on collection.

### As staff are checking a child whilst sleeping they will:

- ensuring the child is not too hot or cold
- placing a gentle hand on the child's chest to check they are breathing or putting the back of their hand near the child's mouth to feel for breath
- ensuring the child is not tangled in the sheet/blanket and removing blankets from over a child's face if they have pulled it over their faces while sleeping. Parents are welcome to bring in a sleep bag for their child, which they can leave in Nursery. Parents will be responsible for the laundering of the sleep bag
- sleep mats are to be wiped over with disinfectant spray after every use.
- The nursery will supply the bedding and this will be labelled with the child's name and washed at the end of the week. If a child is to dribble, sweat or wet them self's during their sleep then the bedding will be washed that day.
- If a child becomes poorly with a cold or sickness bug then the bedding will be changed daily to prevent the spread of any illnesses and being passed onto others.

### Partnership with parents/carers

Detailed information sharing and smooth communication between the key person and the child's family is essential. Building a trusting relationship so close attachments can form will ensure parents/carers and practitioners openly discuss the child's sleep, any changes in routine and provide consistency of care. A child's sleep routine then remains individual and personalised.

Many parents/carers believe that children should not sleep near to being collected, especially in the evening for fear that the child's sleep pattern at night will be disrupted. This

can be a conflicting issue between parents/carers and the child's key person with parents/carers often requesting their child is kept awake after a certain time period. While we take these concerns into account we will always put the needs of the child first and work with parents to find the best solution as a child cannot be woken up before they are ready.

Therefore, having an open, trusting relationship where discussions remain informal and valued and parents/carers feel secure that the child's key person has the child's best interests at heart, will assist with the individual development of the child. The child's sleep or rest routine will be discussed between key person and parent/carer during the child's settling in session and continue through their time at Ringle Rainbow Nursery, as the child's routine changes.

Practitioner's at Ringle Rainbow Nursery are confident and knowledgeable regarding our safe sleep policy, which adopts the procedure that, 'Children are allowed to sleep to their own individual routine anytime during the day. The child's key person will feedback appropriately to parents/carers the importance of rest and sleep periods when attending Ringle Rainbow Nursery.

Where staff observe persistent tiredness, difficulty sleeping, or any wellbeing concerns during rest, these must be reported to the Designated Safeguarding Lead (DSL) in line with KCSIE 2025 guidance.

Any concern must be reported to the DSL (Jack Nash) or one of the Deputy DSLs (Charlotte Baldock or Penny Reidy) in line with our safeguarding policy.

All rest and sleep checks, routines, and concerns are documented on BabysDays.

Reviewed: 01/09/25	By: P Reidy
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