

SLEEP AND REST

At St Joseph's Pre-School Unit, we recognise that every child's needs are different, and we therefore offer flexible opportunities for children to take naps and rest as they need.

We understand the need for children to sleep and rest and regard these times as highly important in a child's personal need and developmental.

No child is made to sleep.

Our sleep and rest procedures comply with the EYFS and latest safety guidance.

Procedures

To ensure that children keep good sleep routines whilst attending the pre-school we recognise that their parent/ main carers knowledge is key and staff will, where possible, work together with parents/ carers to ensure each child's individual sleep/nap routine contributes to their overall well-being through meeting their needs.

Sleep and Rest Environments

At St Joseph's Pre-School a cosy seating area is provided in the book corner of both rooms for children to sit and rest, there are also some cushions helping to create a cosy feel.

Children in our Starfish room who will be aged over 3 years have usually stopped sleeping in the day at Pre-School, and therefore there is no designated sleeping area in the starfish room. Some of the children in the Turtle room may require a regular sleep in the day and a designated space is set up for this.

If children need to sleep they placed on their back on a sleep mat, and a blanket is provided. Children do not share a sleep mat or blanket.

Parents/carers may provide a suitable sleeping bag for their child if preferred, providing there is no risk of it causing a child's temperature to rise. Sleeping bags must be of an appropriate size for the child and must not be used with any other bedding. We can only use sleeping bags that meet European safety standards. This will be shown on the label as BS EN 16781:2018.

Soothing music may be played, and the lighting may be turned down.

The sleeping area is kept uncluttered when in use and the sleep mates are wiped down with Milton between uses to reduce the spread of infection.

The room is well ventilated and the room temperature for sleeping is kept between 16 and 20C.

The Manager and Deputy ensure that a risk assessment is completed for the sleep area ensuring that it is safe and meets the requirements set out in the EYFS. This is reviewed each time a change to the environment is made and at least annually. A daily check of this environment takes place before any children arrive.

Pushchair Sleeping

Pushchair sleeping is not encouraged at St Joseph's Pre-School Unit.

If a child arrives at the setting asleep in a pushchair, they are sensitively woken whilst the parent/carers are still present. Outdoor clothes are removed, and the child is settled on a sleeping mat if they are still sleepy.

If children fall asleep in-situ whilst playing, they will be moved to a sleeping mat to make sure they are comfortable or returning from a walk if they have fallen asleep in the pushchair.

Hats and extra clothing are removed as soon as they are indoors to help prevent overheating.

Parent Partnership

Parent's wishes are always valued and respected as far as possible, and staff work closely with them to meet each child's individual needs.

Sleep and rest preferences are recorded although once in the setting and settled these can change. Sleep is recorded on the Tapestry care diary, and parents are notified of the time and length of sleep.

Children are never forced to sleep at St Joseph's Pre-School Unit, if a child appears to be ready for a sleep and it is their usual sleep time a well-known adult will settle them and soothe them. If after approximately 15 minutes they are not sleeping they will be encouraged to rest, read a book or play as appropriate for their mood.

In no circumstance is a child ever restrained whilst trying to settle them to sleep, and children are allowed to sleep for a period appropriate for their age and stage as this supports their development and well-being.

No child will be forced to stay awake.

Comfort Blankets and Toys

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 nursery and during rest and sleep times.

Comfort blankets provided for a child must be clean and kept in the child's bag on their peg until use, being returned to their bag after use. Some children might need small comfort toys or snuggles for longer especially when settling in, these should be limited to something small which the child can carry easily. All should be clearly named.

To prevent the spread of viruses these should be washed on temperature recommended to kill germs.

A child's comfort blanket will never be shared with another child.

Dummies/ Bottles

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.

Where a child has a dummy, this will be kept in the child's bag until required and then returned to the bag after use.

Dummies which appear damaged will not be given to a child and where this causes the child to become distressed the parent/ carer will be contacted to bring to the pre-school a replacement.

Bottles will only be offered to children if there is a care plan in place for the child.

Only cold semi-skimmed milk will be provided in a bottle; milk cannot be warmed.

Staff Responsibilities

Staff are fully aware of the fact that children need to rest and sleep and appreciate that children have individual needs and routines which vary as they grow and develop.

Staff will encourage children to indicate and say when they are tired or need to rest, and staff will also monitor children to recognise the signs of tiredness.

Before children are settled to sleep staff will change their nappy (if applicable) and remove their heavier clothing. To help them feel comfortable their shoes will also be removed.

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

Staff will ensure that parents are kept informed of their child's sleep patterns using the Tapestry care diary, staff will also let parents know about their child's sleep and naps verbally on collection.

Staff will monitor children by sight and hearing whilst they are sleeping, and children will never be left in a separate room to sleep. Children sleeping will be checked every 10 minutes.

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.

Further guidance

[Safer sleep – help for early years providers](#)

Safer Sleep for Babies (Lullaby Trust)

www.lullabytrust.org.uk/safer-sleep-advice

NHS safer sleeping information

[NHS safe sleep advice for babies](#)

Sudden infant death syndrome (SIDS) NHS guidance

[NHS SIDS guidance](#)

Ofsted staff deployment guidance

[Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings \(The Lullaby Trust\)](#)