



## **SLEEP AND REST POLICY**

Effective sleep and rest strategies are important factors in ensuring a child feels secure and safe at Little Steps Day Care.

### **Parents as partners**

Little Steps Day Care consults with families about their child's individual needs. We are aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest. We will do all we can to mirror sleep practises from home while a child is at our setting. However, it is our duty to prioritise the welfare needs of each individual child and therefore, if it is normal for a parent to wake their child after a set amount of time, we are unable to follow this practice if the child is not showing signs of waking naturally. Practitioners will gently call the child's name to determine if they are ready to wake. If the child is in a deep stage of sleep, we are unable to wake the child until they are ready.

It is a requirement of Ofsted that nursery staff should prioritise the rights of the child rather than specific requests from parents:

"We would expect providers to discuss matters such as sleep patterns with parents and to accommodate parental wishes wherever possible, unless these conflict with welfare requirements." (Defries. M, 2009, Nursery World)

This means the nursery staff at Little Steps Day Care will not be able to wake a child from deep sleep or keep a child up if they are showing obvious signs of needing a rest.

### **Safe resting practices for babies**

At Little Steps Day Care:

- Babies will be placed on their back to rest. (If a medical condition exists that prevents a baby from being placed on their back, the alternative resting practice must be directed in writing by the baby's parent/guardian/medical professional)
- If a baby turns over during their sleep, we allow them to find their own sleeping position.
- To prevent a young baby from wriggling down under bed linen, they will be placed with their feet closest to the bottom end of the cot.
- Quilts, duvets, pillows and cot bumpers will not be used. Large soft toys are not recommended and comforters must be age appropriate and in safe condition. Light bedding is used while at the setting.



- The rest environment, equipment and materials will be safe and free from hazards.
- Practitioners monitor resting children at regular intervals and supervise the rest environment. We use baby monitors when practitioners are not in the room and children are checked every 10 minutes and each check is recorded on the 'sleep chart'.
- Quiet experiences may be offered to children who do not require/fall asleep.

### **Safe resting practices for older children**

- If a child requests a rest, an area will be provided for the child to be inactive and calm, away from the main group of children.
- The designated rest area may be a cushion, mat or seat in a quiet section of the care environment.
- Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.

### **Safe resting practices for a child who is unwell**

- Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has:
  - a high temperature,
  - vomited or
  - received minor trauma to their head

### **How sleeping babies/children are monitored:**

Practitioners observe the following:

- the position of each child's body in their cot/on their mattress
- each child's breathing rate
- the arrangement of bed linen
- the temperature, the security and environment safety

### **Settling children for rest**

The techniques and strategies for settling a child/children for rest will reflect the;

- individual needs of the child or group of children



- parenting beliefs and values of families
- cultural and religious practices
- frequency of days that the child attends care
- circumstances or events happening at home
- child's general health and wellbeing
- use of comforters or resting aids (including dummies and security blankets).

### **Provision and maintenance of rest and sleep equipment and environment**

At Little Steps Day Care, we conduct regular safety checks of the resting environments, equipment and/or aids. If colleagues identify any hazards they will lodge a report as instructed in the Health and Safety Policy.

Prams and pushchairs may be used:

- In suitable weather conditions, set in a flat lying position in the fresh air. The pram or pushchair will be placed in a position where they can be supervised and out of direct sunlight.
- Children will be restrained at all times when in a pram or stroller, this includes resting or sleeping.

Hygiene practices:

- The cots and mattresses are cleaned regularly.
- Each child has their own bed linen which will be washed regularly

### **Rest and sleep times of the day**

Little Steps Day Care offer flexible resting period for babies while toddlers and preschool children usually have a rest time after lunch.