



Sleep / Rest Policy & Procedure

Date: May 2015

Date of next review: May 2016

Signed: A. Clark

*Here at Best Start Nurseries, we acknowledge the importance that rest and sleep has for each child and recognise how each child has a unique pattern of rest and sleep.*

According to Dolan, L. (2008), there is growing research evidence to suggest that getting enough rest and sleep is essential to children's health, development and learning in early childhood.

We acknowledge the fact that some parents may want nursery staff to keep their child up during the day to ensure that they sleep well during the night. In relation to this issue, it is imperative that we provide a clear and concise message, whereby we respect the issue of the parent's needs also. Therefore if their child is very tired, they will be given the option of a sleep - but not for too long so that they have to have a later bedtime. The children will also be provided with rest periods and quiet times throughout the day and areas to relax in, to help recharge themselves.

There will be times during the day that nursery staff have to make an informed decision about what is best for a child at that moment. As we would be neglecting our duty of care if we allowed children to become over-tired and stressed in the nursery.

### **Sleep Procedure**

Procedure for children sleeping unattended in the Robins Room.(usually when joined by another room e.g. babies or Kingfishers).

This only occurs when the numbers are low and staffing cannot be maintained if the children are all in separate rooms. Or if there is a large percentage of the children not needing sleep.

- The children all sleep on sleep mats on the floor.
- There are three members of staff in the room, (A, B & C).(depending on the number of children not sleeping there could be more staff in the room) A will go on lunch break as soon as possible. B & C will sit with the children whilst they go to sleep.
- Once all the children are asleep B will go to have lunch. C will tidy the room, cleaning the tables and floor. C will set up the baby monitor, leaving the sensor monitor near the sleeping children.
- C will then leave the room with the speaker part of the monitor, to wash up at the sink on the other side of the stairs
- A will return from lunch, C will go on lunch break. After checking the children and that the monitor is still working correctly, A leaves the room closing the door behind them to join the play room staff. Again taking with them the speaker part of the monitor.
- The children are checked every five minutes, this is done either by entering the room and visually checking the sleeping children.
- The sleeping children are clearly visible from the nappy changing area and the stairs and entrance to the Kingfishers room. The children are monitored more regularly as the staff change nappies, assist with toileting and go up and down stairs.
- Some of the children are on limited sleep and have to be woken at certain times, so the staff are in and out of the room quite regularly.
- The speaker part of the monitor is in the Kingfishers and any sounds of disturbance are checked immediately.
- There is a check list on the sleep room door to acknowledge that the children have been checked and by whom.

Notably this room has been fully risk assessed for this purpose.

## Good Practice

- ~ Each child should have their own individualised care routine.
- ~ Children should be provided with developmentally appropriate choices as to where they sleep - for example, choosing between a mat or cushion to rest upon.
- ~ Children should be able to make unhurried transitions to sleep, so that they can be comforted and fall asleep gradually in a calm environment, and so that they can wake up gently, deciding themselves when they feel ready to leave the sleep area.
- ~ The following chart outlines the NHS guide to the approximate hours of sleep a child needs during the day time and night time depending on their age:

<i>Age</i>	<i>Daytime Sleep (Naps)</i>	<i>Night-time Sleep</i>
3 months	4-5 hours	10-11 hours
6 months	3 hours	11 hours
9 months	2 hours 30 minutes	11 hours
12 months	2 hours 30 minutes	11 hours
2 years	1 hour 30 minutes	11 hours 30 minutes
3 years	0-45 minutes	11 hours 30 minutes - 12 hours
4 years	-	11 hours 30 minutes