



EYFS: The Safeguarding and Welfare Requirements

3.59

Health

3f.6 Sleep and Rest

Policy Statement

Auden Place Community Nursery recognises the benefits of sleep and rest to children, to give their body and mind time to regenerate.

Procedures

- All children at nursery need to be offered 'quiet' time during the nursery day. **Quiet time must be offered to all children, whether or not they need a sleep. This may be in the form of lying or sitting down and listening to some classical music, or reading a book.**
- We aim as closely as possible to follow each individual child's sleep routine as informed by the parent during the child's induction.
- The temperature of the sleep room needs to be regularly monitored to ensure the correct temperature. The ideal temperature is 18 degrees centigrade, although it can be varied from 16 to 21 degrees centigrade.
- All children have their own sheets and blankets which are kept in personal storage, either bags or baskets. Shared cots must have their sheets changed between children. All sheets, whether part-time or not, are washed once a week, more often if necessary.
- All beds are sprayed and wiped down daily.
- Children's nappies need to be checked before going down for a sleep and again when they wake up, and changed if necessary. Pull-ups will be provided for children who are toilet training. Those not in nappies should be offered the toilet at these times.
- No child should ever be forced to sleep, but gently encouraged by a member of staff by reading, singing, cuddling etc. to meet the needs of the individual child. Some children will need extra convincing, and this is down to parent and key worker observation that the child may need an extra sleep. Other staff are to be advised by the key-person if this is necessary.
- Staff must always lay children down to sleep on their backs with their feet placed at the foot of the cot with a blanket over them if necessary, until the child is of an age when they can arrange themselves. If a parent wishes for their child to sleep on their side or front, we require written consent. (N.B. Usually by the time they join nursery, this is not necessary.)
- Shoes must always be removed.
- Children must never be left unattended when they are asleep.
- Staff ratios must remain in place, although staff can use this time to carry out some nursery duties, as long as they are available for when the children wake up or other needs such as fire drills etc.
- When children wake, they must be gently greeted and offered a drink and nappies and pull-ups will be removed and changed.