

## ***Sleep & Daytime Rest Policy***

Aim:

Playday's Preschool aims to ensure that all children are well rested for them to develop and grow and to promote best practise for all children in a safe environment. We recognise that not all children have access to safe and secure places to sleep outside of the preschool and promote naptimes for those children whilst in our care. As children grow they develop their own rest routine and we recognise that during this process the length or frequency of daytime naps will reduce. Areas of the hall have been designed to encourage and promote restful times during the play day e.g. the sensory cupboard and book corner.

Procedure:

We endorse the guidelines and practise recommended by The Cot Death Society to minimise the risk of children who sleep or rest when they are in our care. The safety of our youngest children is paramount and we promote good practise and ensure that we work in partnership with parents to reflect their children's routines.

Children in our care will be encouraged to:

- Sleep on their backs
- Be put to rest on a flat mattress
- The room will be well ventilated
- No duvets will be used
- Sheets and blankets will be monitored so they do not become tangled
- Comforters will be given if this is a normal part of the child's sleep routine

A child's individual routine will be discussed with that parents as part of the enrolment during the settling in process. Parents' wishes will be taken into consideration, although staff cannot force a child to sleep or keep a child awake against his/her will.

Staff will be aware of a child's individual needs. Sleep is very important for a child's growth and development. Children will not be left to cry themselves to sleep or be left for long periods of time to 'drop off' to sleep.

Staff will ensure that when getting a child ready for their sleep or rest, they will make the child comfortable by:

- Checking the child has a clean nappy (if appropriate)
- Jackets and jumpers have been removed
- Any bibs, necklaces, dummy tethers etc. have been removed
- Giving the comforter if required
- The child is not too warm

If a child needs to be comforted, perhaps by stroking or patting, then the member of staff should make themselves comfortable so they do not strain their back or injure themselves.

Staff will monitor and record a child sleeping every 10 minutes.

If the child has not gone to sleep after 15 minutes then the staff member should consider getting them up and trying again later. If this happens, the keyperson will discuss this with the parent and establish a time limit for trying to get the child to sleep, which must be communicated to all other staff.

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If a child falls asleep in the arms of a staff member they should be placed on a mattress to continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to make them comfortable as detailed above then their clothes should be loosened.

To minimise cross infection, clean bedding will be available for each child. This will be stripped and washed before the next child is put down to sleep and rest mats will be sanitised between each child.

### *Monitoring*

All children will be checked at 10 minute intervals. Staff who are working in the room are responsible for checking the children.

Checking a child will involve:

- Placing a hand on their chest to check they are breathing, and putting the back of the hand near to their mouth to feel for breath. Consider whether the rate of their breathing is normal.
- Ensuring that each child is well and showing no signs of distress/illness.
- Ensuring the child is not too hot or too cold.
- Ensure that blankets and sheets are not wrapped or tangled around the child or covering their face.

A form is used to record the checks and is completed at the end of each check.

The temperature of the room is monitored and aimed to be kept between 16-20°C. A room thermometer is checked and recorded twice per day.