

Health and Self Care Policy

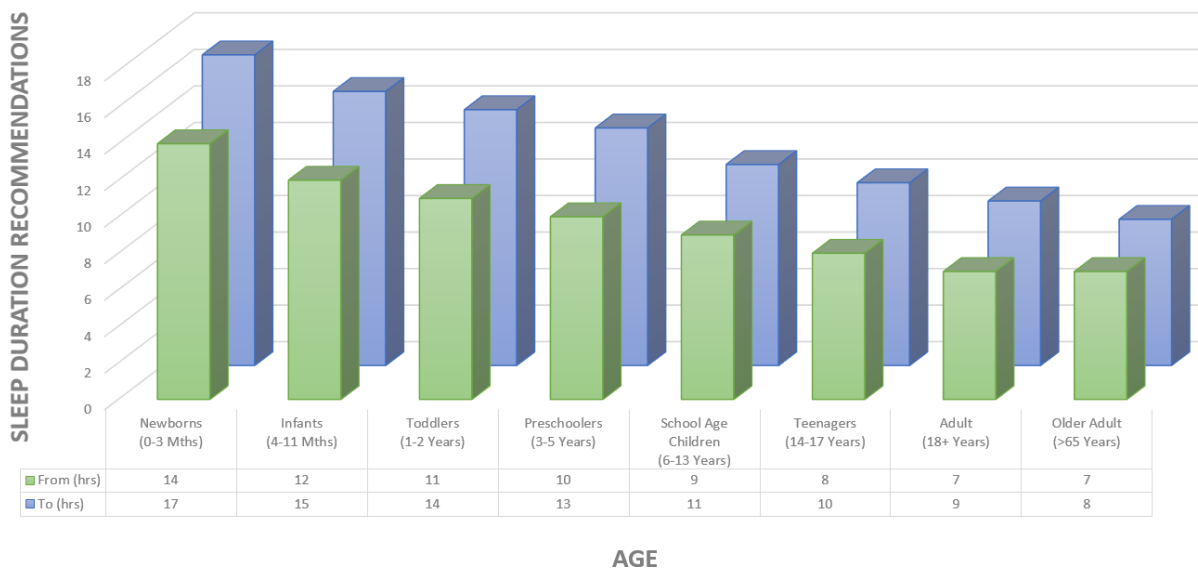
Sleep

Sleep Information

Sleep is vital to children and young people's health, wellbeing, learning and development. It is important to make sure children and young people have the right amount of sleep, so they have enough energy for the next day's activities.

Sleep plays a crucial role in the development of young minds in addition to having a direct effect on happiness. Research shows that sleep impacts alertness and attention, cognitive performance, mood, resilience, vocabulary, learning and memory. Sleep also has important effects on growth especially in early infancy.

Sleep needs change as children get older. It helps to have an idea of how much sleep your child needs as this will be different depending on their age. All children are unique, and some will need more or less sleep than others.



What we recommend from parents

1. Have a consistent, calm, and predictable bedtime routine which aims to have your child in bed at 7pm. A consistent bedtime routine is important as it teaches your child what to expect in the time leading up to bedtime.
2. Reduce screen time. All electronic devices should be turned off at least one hour before bedtime this includes T.V, computers, games consoles and mobile phones. The blue light from screens stimulates brain activity which delays the onset of sleep. Help them to become involved in a quiet, relaxing activity such as reading in the lead up to bedtime.
3. The bedtime routine should last about 20 minutes and have an endpoint which your child will know means it is time to go to sleep, such as laying them in their bed, turning out the light, saying goodnight and leaving the room. If your child cries or tries to leave their room, please look into sleep training and have strategies you are going to use which are the same every night and with every parent/carer. Your children should learn how to go to sleep by themselves and self sooth. [Sleep training - BabyCentre UK](#)
4. If your child has not slept well, it is vital that you inform staff on handover so that the care we provide is matched accurately to the needs of your child. Providing us with the exact number of hours sleep had is very useful.
5. Consistency is the key so please communicate how, where and when your child sleeps during the day. At nursery sleepers sleep at 12:45, laying on mats with quiet white noise (noise mainly to block out any other nursery noises). We do not recommend rocking, cuddling or pushing in a buggy your child to sleep as we cannot mirror that at nursery and does not lend itself well to children becoming settled sleepers. Children

who have this adult lead/supported sleep, tend to wake more throughout their sleep and require an adult to drift back off.

Our Sleep Routine

- Beds will be set out during lunch time, where the green mats will be laid in the allocated area before being sprayed with antibac and wiped with paper towels. Practitioners will leave the mats to air slightly before placing the children's bedding on top.
- Each child will have an adequate amount of space whilst they are asleep to promote their growth, minimise cross contamination and keep children safe. There will be two children per mat, with a space in between each of the mats. Please see the diagram below.
- Each child will have their own bottom and top sheet in their allocated bed bags. Bed bags are found in the bed cupboard labelled with the child's name and picture.
- Each time the child uses the bedding this will be recorded on the bedding sheet. After 10 separate occasions the bedding will be put to wash.
- Dummies and comforters will be laid on their bed within their box ready for children to independently select.
- Tina's Tots will provide your child with quiet time after their lunch where the room blinds will be closed, the lights will be turned off, and the music of lullabies will be played quietly in the background.
- Children will sit in the cosy area and allow their food to rest, take off their slippers and change any clothes that may be wet or dirty.
- Children should have jumpers and jackets, slippers, bibs, dummy clips, and any other items removed before laying down.
- At 12.40 practitioners will begin the bedtime song taking each child by the hand and guiding them to their allocated sleep area.
- The practitioner will help to lay them down on their back ensuring their sheet is underneath their whole body before laying their blanket over their body, no higher than armpits. Their face must be visible, and clear from obstructions.
- If the child has a comforter this will be ready for them to select.
- The practitioner will say goodnight and if needed pat or lightly stroked in consistent circular motions on the tummy. As practitioners sit alongside the children no eye contact is to be made, allowing them the opportunity to sooth themselves in a safe secure place.
- Once children are asleep the time will be recorded on their individual care diaries, ready to send to parents later.
- Children will be monitored throughout sleep time by a member of staff who will be close by/next to the sleepers.
- Children are allowed to sleep for as long as they desire. However, if parents set suitable times for sleep, practitioners can gently wake children in these scenarios. When waking children, practitioners will use a calm voice and a gentle circular movement on tummies, allowing the child time to come round before taking them out of bed.
- Children need time to awake slowly from their sleep, if a child does not come round with gentle persuasion they will be left to sleep.
- Staff will not physically keep children awake if it is apparent, they require it. When most children are awake the blinds will be lifted, lights turned on, and music off. Children still asleep will be left to sleep, any children awake will be guided to play in other areas to keep these children safe.
- Children's bedding will be placed back in their bag and sleep mats cleaned with antibacterial spray and placed back into their normal positions.
- Only children under 9 months may be placed to sleep in a suitable bouncer or sleep vessel as they may sleep at other times during the day and are needed to keep safe from other children moving around the room.
- Bouncers and sleep vessel should be on the floor only.
- When using a bouncer, the child must be strapped in correctly and used only as designed to do so.
- Bouncers will not be covered with cloths whilst in use, to illuminate light or distraction, as this creates a hot space with limited air flow and the child is out of sight so could create an unsafe space for the child.

Food and Drink

At Tina's Tots, we have very strong beliefs about food, and eating, encouraging children to have a healthy, balanced diet whilst at nursery is very important to us. We have two amazing chefs here at Tina's Tots, who are very passionate about cooking and love interacting with the children. Whilst at nursery, the children are provided with two full meals at 12pm and 4pm, snacks at 10am and 2pm and breakfast between 7:30am and 8:30am, these provide various elements from the chart below. This ensures the children get nutritional benefits from the food provided that they need to grow and develop.

Children are provided with a wide variety of foods for snacks and meals at Tina's Tots. Children are never forced to eat, however they are always encouraged to give food a go. The main meal is of an appropriate size for the 'average' child of their age. Desserts are not always of a refined sugar variety; they may be natural fresh or dried fruits or yogurts. In allergy cases alternatives are provided which best match the others food. At Tina's Tots there is always more than one element to a meal for example, sausage, mash and peas, we encourage all children to try each element and aim for them to eat the majority of their meal. Alternatives will not be provided on individual parent request as this does not lend itself to children being prepared to give food a go and try new things. We will however support children with sensory processing differences to explore food, take their time and receive adult support.

Children have food and drink available every 2 hours, each being different foods. Children at Tina's Tots show enjoyment from the mealtime process, sitting amongst their peers to share a meal, independently selecting the different elements and placing them on their plate. We demonstrate, encourage and support children in being independent, using tools such as tongs, scoops, jugs, knife, fork and spoon. Tina's Tots will give children the option to select pudding if they have tried each element and/or eaten most of their main meal.

Children need plenty of water to stay hydrated and healthy. Water makes up more than half of a child's weight, and a steady supply is necessary to keep the body working properly. Water is available throughout the day; we use water bottles that parents send in for free access as this is labelled and children use their own enabling a hygienic process. We then use open top cups to drink water at mealtimes and milk at snack times. We do not allow children to have juice at nursery apart from in extreme hot weather, please refer to our Weather Policy.

The NHS suggests:

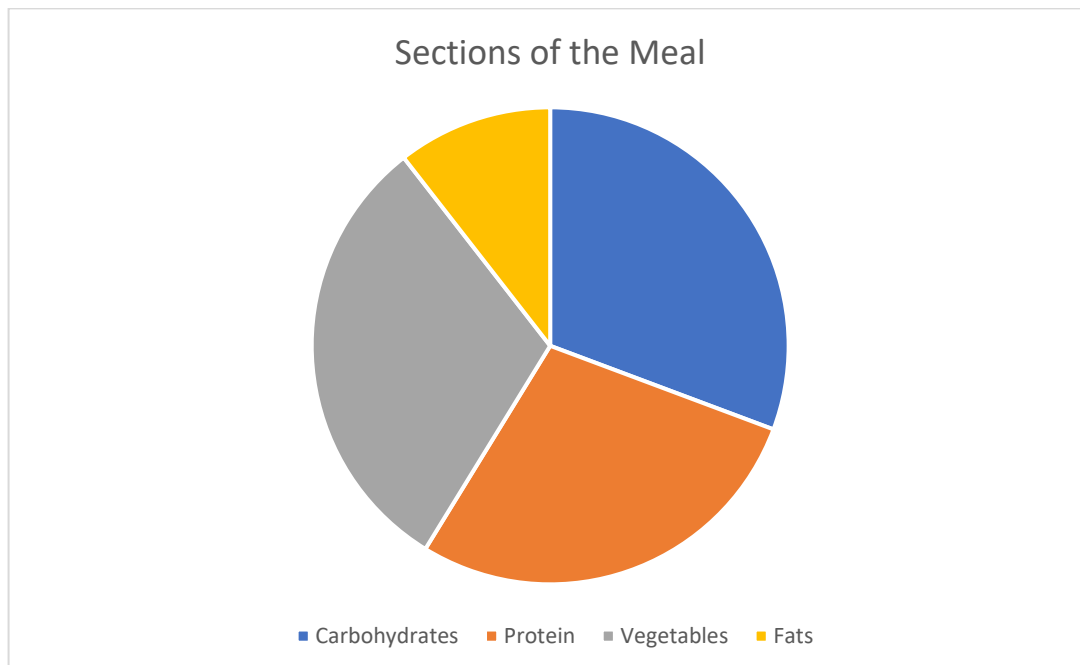
- Introducing an open top cup from around 6 months as it is better for tooth formation.
- From 1 year old feeding from a bottle is discouraged.
- It is not recommended to put anything in a bottle or cup other than breast milk, formula milk or water.
- Comfort sucking from a bottle with sweetened drinks causes tooth decay as the flow is slower and means the substance is in contact with the teeth for longer.
- Children under 6 months must have cooled boiled water.
- Formula milk, follow on milk and night milk are not needed after 12 months, no evidence to show it has any further benefits.
- Children under 12 months should not drink cow's milk.
- Children should be encouraged to drink water. Drinking juices and cordials encourages having a sweet a tooth, can fill them up so they don't want to eat food which is needed for their bodies and good energy and can lead to tooth decay and obesity.

What can parents do?

We would strongly recommend:

1. Provide your child with water at home so that they are used to it and will drink water at nursery.
2. Practice using an open top cup from 6 months old.
3. Practice using knife, forks and spoons (suitable for their age).
4. Provide a variety of meals which contain all elements of the food chart.
5. Encourage children to sit at a table to eat in a position where they are at a suitable height to access their meal.
6. Do not provide them with alternative meals if they refuse to eat what has been created.
7. Only allow puddings as a treat, and not always of a refined sugar state.
8. Demonstrate healthy eating, positive attitude towards food, good mealtimes and drinking water with siblings, parents, and peers whenever possible.
9. Eliminate bottles of milk once your child is eating regular meals.
10. Provide blended, smooth, lumpy, and cut up food in line with NHS recommendations so that the child is ready

How much and what should my child eat?



[What to feed young children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Dummies

Tina's Tots has become a dummy free zone, which means children should not arrive with their dummy in their mouth but instead within their labelled dummy box and placed within their bag. Children will only be provided their dummy if required for sleep and in situations of high distress although we would recommend that dummies are not used at all.

Dummies can be useful when a child is born; it can develop the sucking ability, can help with reflux and can comfort babies to sleep. However, there can be many cons to using a dummy: it can slow the speech process considerably, it can prevent the correct formulation of sounds, it can disrupt the formation of teeth, it can cause sleep disruptions, it can create higher incidence of respiratory, ear and gastrointestinal infections, accidents and dental malocclusion and it can be a very stressful time for child and parent when trying to wean them off it.

[Dummies and Speech Development | NHS GGC](#)

Nappies

Parents are required to bring nappies, wipes and creams for their child. All nappies should be of the correct size where the tabs comfortably sit either side of the image on the front. Children should not be sent in pull ups as this leads to a longer change time and the child would much prefer to be doing something else.

When starting the toilet training process, we ask that parents remove nappies completely, day and night so that children understand what they are doing, and it is not a confusing process.

Clothing

Having the right clothing at the right time is very important. Please refer to our weather policy for further details. Should any parent struggle to gain access to the right clothing, ie jumpers, hats and coats in winter please do let us know as we always have spares which you are welcome to.

Independence is one of our key aims, children are assisted where needed and encouraged to put on and off their shoes, slippers coats, jumpers etc. Showing them at home and allowing them to practice would be very useful in their transition to nursery and throughout.

What should my child have?

- All children no matter their age should be provided with suitable indoor and outdoor footwear. Pre walkers will need these to keep their feet warm, safe and to assist in their movements. Wellies in winter are required for all walkers.
- Jumpers and trousers should be worn and packed in back packs in cold weather.
- Sun hats, sun creams, shorts and t-shirts in warmer weather.
- All in one wetsuit for all in wet weather.
- Spares in backpack is always useful as children participate in a variety of experiences, some of a messy nature. They are also trying to be independent with serving, eating and drinking by themselves so please ensure we have a spare of everything in their bag.

Teeth

We teach children the importance of keeping clean healthy teeth as part of our curriculum. On top of drinking only water and eating well, we brush our teeth at Tina's Tots. This is done to support good techniques and understanding, but also to support parents who may miss this out of their morning routine due to how hectic life can be.

We ask all parents to provide a suitable toothbrush for their child in a clear plastic bag labelled with their child's name to keep at nursery. Please ensure you send in replacement toothbrushes every 3 months, in line with NHS guidance.

What can parents do?

- Assist children in brushing their teeth after breakfast and before bedtime.
- Use age-appropriate toothpaste.
- Encourage drinking of water.
- Limit the amount of sugar.
- Promote healthy eating and a positive attitude towards food.
- Reduce dummy use.
- Reduce use of bottles.

Hygiene

We ensure our routines and practices lend to the most hygienic environment possible, here are some examples:

- We wash our hands regularly throughout the day and especially before eating, using hand wash from a pump dispenser and disposable paper towels.
- We clean resources and environment regularly.
- We have individual face clothes, clothing, wipes, bedding, bibs and drinking vessels.
- We teach children how to self-serve hygienically using shared equipment.
- We tend to snotty noses in a timely manner.
- We change nappies regularly and in a timely manner when soiled.
- We have external cleaning out of hours to ensure a clean environment.
- We have suitable bins for use with lids and foot pedals.
- We assist in toilet training promoting independence.
- We have suitable protective equipment including gloves and aprons.
- We have a strict health exclusion policy preventing child attendance in ill health.
- We carry out risk assessments which are living documents which respond to need and requirements.

What do we ask of parents?

- We ask that parents keep us in the loop to how their child is, any concerns or conditions to be aware of.
- We ask that parents do not send their child to nursery if they suspect they are ill or contagious.
- We ask that parents encourage independent self-care at home with hand washing, changing clothes, using the toilet etc.

Risks and Safety

Allowing children to take age-appropriate risks is part of our curriculum. We demonstrate and discuss correct use of tools, equipment, resources, and spaces, independently and together. During circle time, focus time and other adult led experiences we talk about turn taking, sharing, understanding, respect and teamwork, installing a collective understanding of ourselves and others and how to be together happily, safely, securely and without prejudice. We set challenges for children to explore concepts and take small risks. Through risk assessments of the environment, resources, and new experiences we ensure risks are appropriate and that their safety is monitored.

We teach children about respecting their bodies, keeping them safe and healthy, caring for ourselves and others. With this knowledge we aim for children to have an understanding of how to protect themselves from abuse and being abused.

We teach children about road safety, stranger danger, calling 999, who can help us, how to ride a bike, how to feed themselves and express their needs and requirements etc. All of which are lifelong skills which help to protect them and keep them safe from harm.

What do we ask of parents?

Allow children to take age-appropriate risks at home, in the garden and when out and about. For example:

- Using an age-appropriate knife to cut their own food and help prepare meals.
- Climb an age-appropriate climbing frame.
- Walk up and down steps independently.
- Drink from open top cups.

- Walk along the side of the road holding your hand, pausing to cross the road, looking and listening (not on reins).
- Speak about their safety, who to speak to, appropriate use of devices, protecting their bodies (underpants rule)

Screen Time

Allowing children iPad, TV time, laptops, mobile phones or tables to access YouTube Kids, Netflix, games and other programmes is increasing. Children often find this time very enjoyable but unfortunately it has its negatives:

- Sleep problems due to over brain activity and stimulation.
- Children can become addicted and obsessed.
- Children can struggle to navigate from the technological world to the real world, resulting in behaviours that challenge, anxiety and depression.
- Weakened emotional judgement.
- Impaired social skills.
- Delayed learning and loss of cognitive ability.
- Too much screen time can lead to obesity, heart disease and other health problems.

The recommended maximum screen time per day is:

Under 2 – No screen time

2-5 years old – 1 hour per day

Above 5 years – 2 hours a day

What do we recommend from parents?

- Set an amount of time for your child to have screen time based on the recommendations above.
- Avoid use within the last hour before bedtime.
- Set parental controls to avoid inappropriate content.
- Monitor their use closely, explaining safe use and protecting them from being the subject of abuse.
- Hold conversations about their use, language and online behaviours to ensure they are not becoming an abuser.
- Watch out for signs of anxiety or depression.
- Do not allow your child on normal YouTube.
- Do not allow your child to have a social media page.
- Set screen time breaks to ensure they can transition from the technological world to the real world.

[Screen Time Leaflet | NHS GGC](#)

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Updated by: C. Smith