

**REST AND SLEEP AT THE NURSERY POLICY**

This policy applies to all staff, including senior managers, paid staff, volunteers and committee members, agency staff, students or anyone else working on behalf of Pegasus Childcare.

At Pegasus Childcare we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child’s needs are different, and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

**The purpose of this policy is:**

• To make parents/carers and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care.

Pegasus Childcare recognises that:

• The welfare of the child is paramount.

• It is very important for young children to get all the sleep they need.

• Parents’ and carers’ wishes should be respected with regard to their children’s sleep requirements, provided that the child’s welfare is not compromised.

• Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times.

**In order to achieve the aim of this policy we adhere to the following:**

**Rest Areas**

• Within the nursery there are quiet carpeted rest area with soft cushions where children can go if they wish to rest and relax at any time of the day

**Sleep**

• Children are encouraged to sleep on a yoga mat with their own blanket.

• If parents/carers request and give permission for their child to sleep in a pushchair. Pegasus will provide a pushchair. Pegasus staff will work with parents/carers to work on transition from a pushchair sleep to a yoga mat sleep.

•Staff will encourage children to sleep in designated area or quiet areas. At Pegasus we promote the use of yoga mats for sleeping for children; however we aim to meet parental choice if they wish their child to sleep in a pushchair.

•If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.

• A staff member with a full DBS check will stay with the children until they have fallen sleep.

•Staff members will help the children to go to sleep by reading a calm story, rubbing their hand/ head gently, rocking the pushchair in a slow rhythm.

•Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

•The staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep

**Comforters and comfort blankets**

• The nursery shall not provide dummies for children, nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents/carers are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.

• If parents/carers do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.

• Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child’s speech, interaction with others and are a major cause of speech delay.

•Staff will not give or leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

**Staff**

 • Staff are fully aware of the fact that children need rest and sleep.

• Staff appreciate that children have individual needs and routines which vary as they grow and develop.

• Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day.

**Parent’s wishes**

• The preferences and wishes of parents/carers are always valued and staff work closely with them to ensure each child’s individual needs are carefully met.

 • Some parents/carers prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child’s night-time sleep. Any parent’s/carer’s wishes will be taken into account provided that these wishes are in the child’s best interests.

**Sleep Checks**

• Staff members regularly check the children sleeping and records are completed each day on the white board of how long each child has slept for whilst at nursery. It is then wiped clean the next day once the information has been passed over the parent/carer.

**Children**

• Our toddlers are encouraged to sleep after lunch, but the facilities are available for them to sleep at other times of the day if needed.

• If a child is brought in to sleep after lunch but does not fall asleep within 20 minutes, they will be asked whether they would like to join those children who are playing in the room, rather than remaining in the sleep area.

 • Some children who are out of nappies and need a ‘sleep nappy’ during sleep time and our staff ensure any such children are changed into their sleep nappy prior to being settled for a nap.

• Familiar staff settle the children down for their naps. A member of staff always remains in the within earshot when children are sleeping.

• Children who do not need (or whose parents do not wish them to) a nap after lunch enjoy “quiet time” when they have the opportunity to engage in quieter activities such as, reading, playing with small world toys or puzzles in a smaller group.

**Parent/ Carer Responsibilities**

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to nursery and as the child develops, so the child’s needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

Parents/carers should work with their child’s Key Person towards a shared and agreed plan for care and support. Parents/carers must ensure that the nursery always has their emergency contact details.

**Health and safety procedures**

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

• Pushchairs and the yoga mats are cleaned with antibacterial wipes once a child has been removed.

• Parents/carers will provide their child with a blanket. Child’s blanket will be placed in their bag or drawer and send home to be washed weekly.

• Pegasus used blankets should be placed in the washing basket and washed in non-biological washing detergent.

• Torn or ripped yoga mats / pushchairs are removed immediately and replaced.

• Parents/carers asked prior to children starting Nursery if their child has allergies to washing detergent.

**This policy was reviewed and adopted on** 1st July 2024

Signed ………………………. Centre Manager

Signed …………………………… Chair of the Management Committee

The Policy will be reviewed every two years.

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| **Date of Review** | **Policy Updated** | **Signed (Chair)** |
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