



REST AND SLEEP POLICY

Safeguarding and Welfare Requirements / 3.28, 3.30, 3.59

At Precious Memories Day Nursery we believe that effective rest and sleep strategies are important factors in ensuring a child feels safe and secure in our environment.

We recognise that each child is special and unique, with their own individual needs. We work closely with the parents/carers of the children in our care to ensure the consistency of practice between home and setting. This also allows us to discuss and take account of the wishes of parents/carers on a daily basis.

Whilst we always take parent/carers' requests into account, we will use our professional judgement in determining the rest and sleep needs of every child. The welfare/well-being/safety of every child is paramount. No baby will be left for an inappropriate amount of time in which to become distraught nor will children be woken unnecessarily. Educators will speak sensitively to parents/carers about why sleep and rest are important for their child and how children have the ability to self-regulate their sleep.

Our Rest and Sleep Practice:

Babies and young children will be placed on their back to rest. If older babies turn over during their sleep we allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.

Sleeping and resting children will be closely monitored, and a physical check carried out every five minutes. Checks will be documented on a sleep chart, which is displayed prominently in each room.

All rest and sleep areas have a maintained temperature, and airflow if required, and in some areas music conducive to sleep is played.

Children who are unwell will be given the highest supervision priority and monitored constantly.

At no time will a baby or small child's face be covered with bed linen. Quilts and duvets will not be used as bed linen, light cot blankets are our preferred option.

Each child will sleep on fresh bed linen. Cots/sleep mats will be sprayed with an antibacterial spray after each use and at the end of each day. All sheets and blankets will be laundered daily.

Any parental request for deviation from our practice must be made in writing and discussed with the manager.