



Allsorts Childcare Sleep and Rest Policy

Purpose

This policy outlines the procedures for staff to follow for children who sleep whilst in our care.

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different so we provide flexibility and opportunities for children to take naps and rest as they need.

Principles

Allsorts ensures that all children receive the rest and sleep that they need during the day and regard it to be a highly important part of their personal and developmental needs.

A 'Starting Points' form is filled out by the parent/carer when their child starts settling into the nursery and this is updated as and when needed. We recognise parent/carers' knowledge of their child's sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

Safe sleep

Allsorts follow safe sleep practices as recommended by the Lullaby Trust and The Cot Death Society.

Children who are asleep are checked on every 10 minutes and we ensure a safe sleeping environment.

Sleep and rest areas

Babies in the baby room at Brackenbury will sleep in cots or sleep pods within the room.

Babies will not be placed in a pram to sleep, however, if they fall asleep in a pram whilst out on a trip they will be transferred into a cot on arrival back at the setting.

Within each of the preschool rooms there are quiet rest areas with soft seating and cushions where children can go if they wish to sleep or rest.

Parent's wishes

The preferences and wishes of parents are always respected, and staff work closely with them, especially in the baby room, to ensure each child's individual needs are carefully met.

Some parents prefer their children to only have a short nap and this will be taken into account provided it is also clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

Sleep at the beginning and end of the day

Children should not be handed over at Allsorts asleep. Any child that is asleep on arrival will need to be woken by their parent/carer.

This is to ensure the child is aware of their surroundings before the transition into Allsorts and stops unnecessary distress.

If a child is asleep at the end of their session when their parent/carer arrives to collect them, we will invite the parent/carer in to wake their child so that they are aware they will be going home.