



Sleep and Rest Policy

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.

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 at timely periods to review. We recognize parent/carers' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

Rest areas

Within each room there are quiet rest areas with soft seating and cushions where children can go if they wish to rest and relax. The Baby room has sleep pods available in their room for sleep times as needed by the child. Each baby has their own bedding which is stored in separate named compartments when not in use.

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. Younger babies usually need both morning and afternoon sleeps but these depend upon parents' wishes. Some parents prefer their children to only have a short 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.

Comforters and comfort blankets

Comfort blankets and soft toys are most welcome in the baby room, for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. Please ensure you label these items so that they do not get lost or misplaced. Parents may wish to provide dummies for their little ones, however, we do not provide, supply or ever introduce them to children. Dummies are usually restricted to sleep and rest times. They are not encouraged in the play rooms as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Staff

Staff are fully aware of the fact that children need to 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 rest or nap during certain times of the day. Quiet areas in the rooms are available all day and children can take a rest when they want. Staff will not force a child to sleep or keep them awake against his or her will. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

Sleep records

Parents are kept informed regarding their child's sleep/rest both verbally and through their FAMILY app. Management check records periodically to review safety procedures.

Sudden Infant Death Syndrome (Cot Death)

The safety of babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimize the risk of Sudden Infant Death.

This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.
- Babies/toddlers will never be put down to sleep with a bottle to self-feed.
- Babies/toddlers will be monitored when sleeping and checked on by staff at least every 10 minutes.

We provide a safe sleeping environment by:

- Monitoring the room temperature, especially when sleeping (thermometers displayed in each classroom).
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Cots or buggies are never left in direct sunlight or next to heaters.
- Ensuring each baby/toddler is provided with clean bedding.
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest.
- Having a no smoking policy.

Staff supervise children when they are sleeping. When babies fall asleep in a pram during a local trip in accordance with parental permission they will be physically checked every ten minutes.

Toddlers individual nap times are observed and they settle down whenever they need to. They sleep in the sleeping pods making any nap-time toilet accidents easy to clean, hygienic and ensures they have their own place and space.

Familiar staff and key workers settle the toddlers down for their naps. A practitioner remains either in the room or within earshot at all times when children are sleeping. Toddlers who do not need to (or whose parents do not wish them to) take a nap after lunch enjoy 'Quiet Time' when they lie down, rest and listen to music, listen to a story or other suitable learning material.

Reviewed September 2022