



## **Sandcastles Nursery**

### **Rest and Sleep Policy (Including the Prevention of Cot Death)**

**Reviewed: May 2017 (SR)**

**Next Review: May 2018**

Please note that the term 'parents' also relates to carers and those with legal guardianship of children.

This policy applies to:

- **Sandcastles Nursery including 'early,' 'late' and 'wrap around care.'**

Sandcastles Nursery recognises that throughout the day some children, particularly those that are younger, will require opportunities to rest and sleep. Individual sleep and rest patterns will be discussed and agreed with parents and met as far as possible within the daily routine. Parents will be informed both verbally and through contact books as to how much sleep their child has had whilst at nursery.

#### **Rest Times:**

- Comfortable, 'cosy' areas and an appropriate environment will be provided to allow children to rest as and when they wish throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, look at books and be read or sung to.

#### **Sleep Times:**

- Staff recognise that children have individual needs when being settled to sleep.
- Comfort items such as blankets and toys from home will be used in line with parent's wishes and never used as a bribe or punishment.

- If a child does not settle to sleep after a period of time, they will be allowed to get up and play in another room.

### **Environment:**

An appropriate environment will be provided to encourage children to settle to sleep.

- Sufficient space between mattresses to minimise and prevent disturbance.
- Mattresses will be placed away from radiators to ensure that children are comfortable and do not get too hot.
- Children who are not sleeping or unable to settle may be taken to another area or room to minimise disruption to those that are sleeping.

### **Staff will help children to settle by:**

- Rocking them
- Comforting them.
- Reading to them.
- Singing to them
- Physical restraint will never be used when settling a child to sleep.

### **Ensuring Children Sleep Safely and Prevention of Cot Death:**

- Children will be provided with a mattress, undersheet and blanket.
- Bedding will be washed after each use and the mattresses cleaned thoroughly using antibacterial cleaner.
- The temperature of the room will be kept between 16 and 20 degrees C (monitored using a room thermometer.)
- Children will be supervised at all times when they are sleeping.
- Checks on each child will be carried out every ten minutes.
- Children who are sleeping will never be left in a room where they are not visible at all times or where a door is closed or pulled to.

