



St Faith's
PREP SCHOOL

**EYFS REST AND SLEEP POLICY
INCLUDING PREVENTION OF SUDDEN INFANT DEATH SYNDROME**

Date of Policy	September 2023
Member of staff responsible	Sarah Reynolds
Role	Head of Early Years
Last Review	Significant changes

This policy applies to Sandcastles Nursery including 'early,' 'late' and 'wrap around care' and all staff members, volunteers and visitors in Sandcastles Nursery.

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

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 members 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
- Playing soothing music
- 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 Sudden Infant Death Syndrome:

- 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 celsius (monitored using a room thermometer.)
- Children will be supervised at all times when they are sleeping.

- Sleeping children will be frequently checked to ensure that they are safe. This includes ensuring that bedding is in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance: this can be found at

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

- 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.