

Safeguarding and Welfare Requirement: State here which EYFS Safeguarding and Welfare Requirement this document relates to.

Risk assess and monitor them while they sleep

Sleep and Rest Policy

Policy statement

All children get very tired during the day and need to have opportunities to rest and sleep within the day at Preschool. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children get all the sleep they need.

Procedures

Preston Community Preschool adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

Babies and young children should sleep:

- On their backs
- At the bottom of the cot or sleep matt
- In a well ventilated room
- With NO duvets, pillows or bumpers to the sides of the cots or sleep matts
- With sheets or blankets that cannot become tangled
- Without any large soft toys that have the potential to smother a baby or child
- With a comforter if they normally have one

When getting a child ready to sleep the staff need to ensure a number of things happen:

- A clean pull up has been put on or the child has been offered the use of the toilet
- Outer clothes removed
- Fed or had a drink
- A comforter if needed
- Not too warm
- Children are given a quiet and comfortable space to sleep

Sleep time is offered after lunch, but children who need a sleep before can be accommodated

Sleep time for babies is offered whenever necessary

All sleeping children must be checked at 10 minute intervals. Key workers are responsible for this.

Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that all sheets or blankets are not wrapped around the child

Sleep checks will take place via an adult entering the room or staff will use a video and sound monitor if they leave the room for things such as lunch breaks.


10 minute checks will be conducted at all times and this involves the staff going into the room to physically check each child.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.

Children who do not need a nap after lunch enjoy 'quiet time' when they have the opportunity to engage in quieter activities such as reading, listening to a story or soft music, or playing with small world or puzzles in the Bees room.

Legal framework

Early Years Foundation Stage Statutory Framework 2021

This policy was adopted by	Preston Community Preschool	<i>(name of provider)</i>
On	January 2023	<i>(date)</i>
Date to be reviewed	January 2024	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Rachael Creswell	
Role of signatory (e.g. chair, director or owner)	Chair of the trustees	