

Hambledon Pre-School
Safeguarding and Welfare Requirement: Health



Hambledon Youth Hut
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6.8 Sleep and rest

Policy Statement

At Hambledon Pre-school we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

The purpose of this policy is:

To make parents and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care.

Hambledon Pre-school recognises that:

- The welfare of the child is paramount.
- It is very important for young children to get all the sleep they need.
- Parents' and carers' wishes should be respected and sought, with regard to their children's sleep requirements, provided that the child's welfare is not compromised.
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to pre-school and during rest and sleep times.

Rest Areas

- Within the preschool there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day. These shall be checked for clutter and to ensure a safe sleep/rest area

Comforters and comfort blankets

- The pre-school shall not provide dummies for children nor shall the pre-school introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at pre-school and we recognise a dummy can provide great comfort for a child during rest and sleep times.

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- If parents do provide dummies from home for their children to use at pre-school, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.
- Dummies are usually restricted to sleep and rest times. They are not encouraged at other times 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 rest and sleep. Staff appreciate that children have individual needs and routines which vary as they grow and develop.

- Staff will ensure that the child is not over or undressed or dressed in any restrictive clothing.
- Staff will ensure that the child's temperature is checked if it is unusual for the child to sleep and inform manager/parent.
- Staff will ensure that the bed linen is clean and fresh before and after use.
- Staff will ensure that if a child falls asleep on the floor, that they will be moved to the bed area or if preferred to a reclined push chair, if in a push chair, the push chair restraints must be put in place to keep the child secure.
- Upon waking or being woken, children will be supported by staff to wake up gently and then distracted back into play.

Parent's wishes

- The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.
- Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be taken into account provided that these wishes are in the child's best interests.

Sleep Records

- Record sheets are completed each day to record how long each child has slept for whilst at pre-school.
 - Parents will be informed how long their child has slept
 - A ten minute time will be set on the ipad for checking of child to aid with correct record keeping and safety of the child.

Children

Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day.

- Our toddlers (children aged between 2 and 3 years) and pre-schoolers (aged 3-5 years) have the benefit of a separate quiet area which is used for peaceful activities and afternoon naps, this contains lots of cushions, soft toys and books.

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- Familiar staff settle the toddlers (and any preschool children who require a nap after lunch) down for their naps and quiet classical music is played for them. A member of staff remains within earshot at all times when children are sleeping.
- Toddlers who do not need (or whose parents do not wish them to) a nap after lunch enjoy “quiet time” when they have the opportunity to engage in quieter activities such as playing board games, reading or playing with small world toys or puzzles in a smaller group.

Preschool

- All preschool children also have the opportunity to sleep, relax or sit quietly at any times of day in the preschool book corner, which contains a large rug, lots of cushions, soft toys, blankets and books. The importance of rest and sleep Hambledon Pre-school ensures that all children receive the rest and sleep that they need during their day and regard it to be a highly important part of their personal and developmental needs.

Legal framework

- EYFS Statutory Guidance 2022

Further guidance

<https://www.nurseryworld.co.uk/features/article/eyfs-best-practice-all-about-sleep> 2022