



Early Years Practice procedures

9.10 Sleep and Rest policy

Sleep and rest time

At Jack and Jill NurseryGroup Ltd we recognise that sleep and rest times are key times in the day for being close and promoting security and are an important part of a child's unique and individual care. Younger children may need to sleep but older children do not usually need to. No child is made to sleep. Our sleep and rest procedures comply with the EYFS and the latest available safety guidance.

Partnership with families

As part of a child's settling in we will ask about their usual sleep and rest preferences and routines. As far as possible we will follow their usual routine, however, children's routines may change once they are in the setting, and we will respond flexibly. Children's sleep and rest preferences are recorded, and parents/carers are informed of any significant changes to a child's sleep routine.

If a child is not ready to sleep, they are never forced to. If we feel a child is ready to sleep or it is their usual sleep time, we will settle a child to sleep and soothe them, if after 15 minutes they are not sleeping they will be encouraged to rest or go and play as appropriate. Under no circumstances is a child ever physically restrained whilst trying to settle them to sleep. We allow children to sleep for a cycle appropriate to their age and stage as this promotes their development and well-being needs.

Staff training

All staff at Jack and Jill Nursery complete a comprehensive induction which includes safer sleep training. All staff are required to read Lullaby Trust Guidance. Best Start in Life safer sleep guidance. Department for Education safer sleep.

Children asleep on arrival/ departure at the setting

If a child arrives at the setting asleep, they are sensitively woken whilst the parent/carers are still present. Outdoor clothes are removed, and the child is settled on a flat, clean sleeping mat if they are still sleepy, but otherwise well.

If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

Children who are asleep at home time are sensitively woken for parental/ carer pick up.

The sleep environment

The manager/deputy manager ensures a risk assessment is completed for the sleep area to ensure that it is safe and meets the requirements set out in the EYFS and British Safety Standards. Due to the nature of our building, we do not have a permanent sleep area, but we do have a specific area that can be turned into a sleep area should a child need to sleep. This area is reviewed regularly.

The sleeping environment must be:

- Be clean and uncluttered.
- There must be no objects above where the child is sleeping.
- The room should be well ventilated.
- Children aged over 12 months must be placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a suitable mattress on the floor.
- Children must sleep head to toe to reduce the spread of infection.
- Every child has their own clean bedding, consisting of a fitted bottom sheet and cotton cellular blanket.
- Pillows, cot bumpers and duvets, are not used.

Young children

- Young children sleep on rest mats and have their own personalised bedding. Bedding is placed into a named and dated sealed bag placed in their drawer and washed regularly.
- Outdoor clothing and shoes are removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed.
- Young children are settled by their key person if possible. They are soothed to sleep if needed. Key persons may stroke or very gently pat children.
- Sleeping children are always supervised within sight and hearing of staff.

- If children fall asleep in-situ it will be necessary to move or wake them to make sure they are comfortable, and are transitioned to their sleeping mat.
- Sleeping children are regularly checked and are within sight and/or hearing of staff.

Supervision of sleeping children

- Sleeping children will always have an adult with them in the same room.
- A sleeping or resting child is always within sight and hearing of staff.
- The time of when a child falls asleep and then wakes up is recorded on Ovivio to inform parents and keep records.
- Sleeping check are recorded with the time and date of the check and is initialled by the staff member making the check regularly during the sleep.

An 'active' sleeping check on a child involves:

- Placing a hand on the child's chest or near their mouth to check they are breathing.
- Visual check: do they look different to usual? Check the colour of their lips and if you gently press their fingernail does blood rush back? For children with dark skin does their palm look yellow?
- Temperature check: ensure the child is not too hot or too cold. This must be done by putting your hand on the skin on their chest or at the back of their neck.
- Check that sheets or blankets are not wrapped around the child or covering their face.

Further guidance

Safer sleep – help for early years providers

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

Ofsted staff deployment guidance

Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings (The Lullaby Trust)