

Preschool Sleep and Rest Policy and Procedure

Policy Statement

It is our aim to ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

It is well recognised that sleep is very important to a child's wellbeing.

At three, most children are still napping for about an hour during the day and getting approximately 11 hours at night.

Pre-school children become very tired during the nursery day and need the opportunity to rest/sleep within the day.

Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire.

We respect parental wishes with regard to children's sleep, but the welfare of the child is always paramount. Staff cannot force a child to sleep, wake or keep a child awake against his or her will.

Procedure

- Children may rest in the book corner with a cushion at any time during the day.
- Children have an afternoon sleep after lunch on sleep mats and named blankets.
- When children start showing signs of reducing or stopping their afternoon nap, we will work with parents to transition them from sleeping to resting. Sleep cannot be eliminated entirely as soon as signs are observed, as it is a shock to the child's body. The keyworker and parent will work together to reduce the nap step by step.
- A formal rest time is offered for those preschoolers who no longer need a nap, to allow their bodies the rest they require.
- Rest time involves the children lying down and listening to a story or music. ALL children will have rest time on sleeping mats. If children fall asleep during rest time, it is a sign that they are tired and need to sleep. We will allow them to stay asleep for 40 minutes and then wake them if parents wish.

This policy was created at a staff meeting taking into consideration; medical research on sleep requirements in children under 5 years and our experiences of the children's needs and best interests at 9 Months Nursery.

Date Reviewed: 03rd October 2022 - By: Tasneem Ramji and Kim Ince