



## Care of sleeping children

The purpose of this policy is to ensure parents/carers understand how the Lavenham Pre-school will support and monitor children who sleep whilst accessing the setting.

We acknowledge that sleep is an important part of a healthy lifestyle and helps each child achieve their full potential as it directly impacts on their mental and physical development and health.

### Procedures

- Throughout the day children will be given an opportunity to rest and sleep appropriate to their stage/age development and individual needs.
- Their individual sleep and rest patterns will be discussed and agreed with parents and met as far as possible.
- Comfortable areas and an appropriate environment will be provided that will allow rest periods as and when they are needed throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, look at books and be read to.
- Staff will recognise that children have individual needs when being settled to sleep.
- Comfort items such as blankets or soft toys from home will be used in line with parent's wishes.
- Staff will ensure that children are cleaned appropriately before being put down to rest or sleep. This at times will include a nappy change if the child feels wet or has soiled.
- Staff will remove items of clothing such as jumpers, tracksuit tops, cardigans, head scarves and shoes etc as this will enable child to feel much more comfortable during their rest period.
- At times the child may fall asleep during routine procedures (story, lunch etc). At these times this policy will still be adhered to and the child will be made as comfortable as possible.
- On some occasions the child may soil/wet their nappy during the rest period, if this happens they will not be woken up unless specified by the parents/carers to do so; however a nappy change will take place as soon as they wake up.
- If your child is toilet trained and he/she has an accident during the rest period a staff member will act appropriately by changing the child's clothing and providing clean sheets.
- An appropriate environment will be provided to encourage children to rest or sleep i.e., comfortable beds, children who are not sleeping being encouraged to play away from the sleeping area ( book corner can be use as a sleeping area if necessary) At times these

adjustments maybe difficult as the child may fall asleep during play sessions and little changes can be made to the environment then, however we will endeavour to ensure the child is comfortable and safe at all times.

- Babies and children will be provided with mat for their use.
- Personal bedding will be provided for their use only and washed once they have finished their sessions for that week.
- Children will be checked on every 5/10 minutes or where possible a practitioner will be present.
- A member of staff will sign the sleep/rest check list every 10 minutes when they have checked the sleeping child/ children.

- This policy was adopted by Lavenham Preschool *(name of provider)*

On November 2023 *(date)*

Date to be reviewed November 2024 *(date)*

Signed on behalf of the provider



Name of signatory Roy Mawford

Role of signatory (e.g. chair, director or owner) Chair of Trustees