

TURVEY PRE-SCHOOL PLAYGROUP

The Reading Room, High Street, Turvey, Bedfordshire, MK43 8DB

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Registered charity no.295055

Sleeping and rest Policy.

Sleep and Rest Policy and Procedures at Turvey Pre-school, we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills.

We recognise that each child's sleep routine will be unique and we will work closely with parents/carers to ensure there is consistency between home and our setting.

Turvey Pre-school take children from the age of 2 years. We are very aware that by 2 many children are dropping their afternoon sleep.

Turvey Pre-school want to ensure that the systems are in place for if a child wants to nap.

Parents/carers will be asked to provide details of their children's routines and probability of falling to sleep, before their first day, including the usual duration and time(s) of their nap(s), as well as settling techniques used at home.

If there are any changes to the child's routine, this should be communicated to the setting straight away.

Parents/carers will be notified of their child's sleep times at the end of each session, where appropriate.

We follow NHS guidance on safer sleep and have thorough risk assessments in place regarding sleep and nap times.

**If you use baby blankets instead of a sleeping bag, lie your baby on their back with their feet nearest the foot of the cot or Moses basket. This prevents any loose bedding covering their face when they wriggle around. A cellular cotton blanket is best as they allow your baby to keep warm but allows air flow. The blanket should be tucked in firmly, no higher than the shoulders, and not doubled over as this can cause overheating. (NHS Safer Sleep guide)*

Our setting is smoke-free and vape free, so children will not be exposed to either substance at any time, including while sleeping. If a child would not usually sleep, a phone call home will be made to ascertain the length of sleep time that should be given, as not to cause issues for bedtime routine.

We will wake a child at the end of their sleep time, gently. With parents' guidance we will allow them to wake naturally, if appropriate.

As a Pre-school and with the age of children we have on register, we do not have a designated sleep area.

Safe Sleep Procedures At Turvey Pre-school, we give careful thought to the safest location for sleep, considering bed space, room temperature, potential hazards that need to be out of reach and how we will monitor each child.

Turvey Pre-school will allocate the reading area, as it is our quiet space for children to rest / sleep.

Other children will be removed from the area and the area will be designated for that child.

The green cushioned floor mat will be used as the sleeping area. The mat will be placed on the floor in front of the sofa, using a fitted sheet to cover. The child will be covered with a small child's cot light cot blanket. The

excess of the sheet will be tucked underneath the end of the mat. Children's feet will be at the end of the mat and cover placed no higher than shoulders.

We will ensure that there is nothing hazard in the area. Such as cords, hard objects, small objects.

We will also be aware of the temperature of the room, using our room thermostat, with a recommended room temperature of 16 – 20 degrees to be maintained wherever possible. We will avoid heat sources, direct sunlight and draughts. We will use our judgement to if they require an extra layer in the colder months.

They will not sleep in outdoor clothing/ coats, be given hot water bottles/electric blankets or have heaters close by during naptimes.

Children will not have hats or hoods covering their heads/faces while asleep.

As children in Pre-school are old enough to roll over, they will be allowed to roll onto their side or stomach while sleeping and will not be returned to laying on their backs.

Children's body temperature will be checked using a hand on their chest or upper back. All children are monitored regularly whilst asleep and are in sight and/or hearing at all times.

Children are regularly checked on individually, in person, while sleeping. Staff members will monitor the child every 10 minutes and record that they have been checked on a sleeping form kept in the Pre-school register.

After each sleep, mattresses will be wiped down and the bedding washed.

In addition to following safer sleep procedures in our setting, we also aim to equip families with the information they need to make informed decisions regarding their child's sleep procedures at home. Should parents'/carers' wishes go against safer protocol, we will discuss this on a case-by-case basis.

All staff know to call 999 if a child will not wake up, stops or has difficulty breathing, appears overly confused or has a seizure.

Settling Procedures At Turvey Pre-school we recognise that each child's routine is unique and we will work closely with parents/carers to ensure there is consistency.

With the age of the children at Pre-school, we do not have designated sleeping time. Children if exhausted will be comforted in the reading area and if the child should fall to sleep sitting, child will be place flat on the green mat.

Dummies are not permitted within Pre-school.

For children who require comforters, such as soft toys or blankets, these should be provided by parents/ carers and they will be stored with the child's personal bag, in their draw or on our white shelf, and accessed as required.

All children will either self-settle or be settled by us, following parents'/carers' wishes wherever possible. We will also take into account safety requirements at all times, as well as the wellbeing and needs of other children in our care.

Rest Time

Children who display signs of tiredness will be encouraged to engage in rest or quiet time. This allows toddlers and older children to recover their energy. The activities during this time could include story time or small group games.