



Safe Sleeping and Resting Policy

September 2020

Safe Sleeping and Resting Policy

This policy sets out clear guidelines on supporting children's needs for sleeping. At The Acorns Primary and Nursery School we will ensure that ALL children receive the rest and sleep that they need during the session.

EYFS Legal Requirement:

3.59 – Sleeping children must be frequently checked

Aims:

- To promote the welfare of all children
- To ensure children have appropriate facilities in order to have a sleep if required.
- To provide guidance and reassurance to staff who support a child who needs a sleep.
- To assure parents/carers that staff are knowledgeable about personal care and that their individual concerns are taken into account.

STAFF

Staff are fully aware of the fact that children need to rest and sleep

Staff appreciate that children have individual needs and routines which vary as they grow and develop

Children are encouraged to indicate and say when they are tired and need to rest.

Parental Involvement

Parents will be asked during the settling in process whether there are any special requirements with regard to naps or sleep times. Any specific requests will be noted and followed (where possible). Parents will be informed at the end of the session if their child has had a sleep during their session.

Health and Safety

- Risk assessments will be carried out for the quiet and resting area
- Cleanliness, hygiene practices and equipment quality will be maintained (see cleaning sleeping mat and bedding procedure)
- Hazards
 - falling equipment – ensure there is no equipment stored above the resting area that might be pulled onto a child during resting times.
 - crowding risks – only one child per sleeping mat.
 - SIDS - all children who require a sleep will be laid down on their back
 - we follow the 'feet to foot' sleeping position.
 - temperature of the resting area will be monitored, ideal temperature is 16-20°C.

REST AREAS

Within the 2-year-old provision (caterpillar room) there is a quiet carpeted rest area with soft seating and cushions where children can go if they wish to rest and relax. If a child requires a sleep then the practitioner will provide them with a sleeping mat and a blanket. All blankets will be washed after use. Children who regularly require a sleep will be issued with their own blanket and this will be labelled.

Sleeping mats will be cleaned with antibacterial cleaner after each use and stored near to the rest area.

COMFORTERS AND COMFORT BLANKETS

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children, especially when they are new to the setting and during rest and sleep times.

PLEASE NAME THEM.

Parents may wish to provide dummies for their little ones, for they too can provide comfort during rest and sleep times, however here at The Acorns we do not provide, supply or ever introduce them to children themselves.

If parents do provide dummies for their children to use it is essential that they also provide a hygienic Dummy Pot that can be sealed to store the dummy in when not in use.

Dummies are usually restricted to sleep and rest times. They are not encouraged in the provision as they can hamper a child's speech, interaction with others and are a major cause of speech delay.