

Early Years Foundation Stage Links (EYFS)

Statutory Framework: Safety and Suitability of Premises, environment and equipment (3.58)

Staff Ratios (3.27)

Development Matters: Physical Development, Health and Self-Care (p25-27)

Rest and Sleep Policy

This policy was adopted by the St George's Board of Directors held on

Date: 25 MARCH 2019

Date of Next Review: MARCH 2020

Signed on behalf of St George's: 

Name of Signatory: A CROUCH

Role of Signatory: CHAIRMAN

Policy statement

"Children learn best when they are healthy, safe and secure, when their individual needs are met, and when they have positive relationships with the adults caring for them" (EYFS section 3 The safeguarding and welfare requirements).

All children need to have enough rest and sleep to allow them to develop. As children all develop at different rates, we must meet their individual needs throughout the day. The staff team need to create an environment that promotes healthy rest and sleeping. Parent's wishes should be considered although staff cannot force a child to sleep, wake or keep a child awake.

We do not put children to sleep after an accident that involved any sort of head injury. If a child falls asleep, we check their breathing every 10 minutes and wake them every half hour.

Cots/travel cots are used for the younger babies and sleep mats for the older children.

Each child has a named box with their own sheet and blanket which are changed when they are soiled or weekly

Procedure

For all children:

- Remove their outer clothes and shoes.
- Remove hair clips and pony tails.
- Ensure they have a clean dry nappy.
- Ensure they are not too warm or too cold.
- Remove all bibs.
- Babies must be placed at the bottom of the cot with blankets tucked in at the bottom.

- All children must be placed on their backs unless we have a written request from parents or they are able to turn over on their own.
- No duvets or cot bumpers on the side of any cot.
- Use mobiles that are out of reach.
- All children to be offered their comforter.
- All dummies left in the project must be sterilised.
- All staff should be aware of the sleep pattern for each child and each Key Person should discuss this with the parents.
- No children should be left to cry themselves to sleep and if a child has not gone to sleep after 15 minutes staff should consider getting them up and maybe try later. Upset children must never be left alone.
- All cots/mats/buggies should be cleaned after use and maintained to ensure they are safe.
- Children sleeping in cots or buggies must not have blankets or bedding covering to keep out light. The child needs to be in a quiet, calm area for sleeping.
- Children must only be put to sleep in buggies that lay flat whilst outdoors for a walk.
- Children on mats should be placed head to toe.
- **A staff member must be in with sleepers and listening to all the children and /or check their chest to see they are breathing every 10 minutes. The time of this check is to be recorded with a staff signature.**
- When a child wakes up the time is to be recorded with a staff signature.
- Any soiled linen to be put in the laundry immediately and all other linen to be put in the laundry weekly.