

## **Park School Nursery - Sleep Policy & Procedure**

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at Nursery. As they grow they will usually develop a routine which involves reducing the length or the frequency of their daytime sleeps.

Children at Nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff will create an environment for the children to rest or sleep i.e. a quiet area to cuddle up with a book, or sleep mats.

Parental wishes are taken into consideration, although staff cannot force a child to sleep or keep a child awake against his or her will.

### **1 Sleep monitoring**

**1.1** All sleeping children will be checked at 10 minute intervals. A sand timer is used to monitor this. All staff who are working in the rooms are responsible for checking the children. There will always be a member of staff in the room.

**1.2** Checking a child while sleeping will involve:

- Placing a hand on their chest to check their breathing, or putting the back of their hand near to the child's mouth to feel for breath
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that sheets or blankets are not wrapped around the child

**1.3** The sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check. A record of each child's daily sleep pattern is also recorded.

### **2 Phasing out**

**2.1** The nursery staff, in agreement with the parent, will aim to phase the child's sleep out in time for the start of the Summer Term to support the transition into Reception.