



Sleep and Rest Policy



1	Summary	Sleep and Rest policy			
2	Responsible person	Margaret Dennis			
3	Accountable SLT member	Caroline Knight			
4	Applies to	<input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
5	Who has overseen development of this policy	Caroline Knight, Margaret Dennis and Governors			
6	Who has been consulted and recommended policy for approval	Senior Leaders			
7	Approved by and date	17.11.22			
8	Version number	3			
9	Available on	Every	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	Trust website Academy website SharePoint	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N
10	Related documents (if applicable)				
11	Disseminated to	<input type="checkbox"/> Trustees/governors <input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
12	Date of implementation (when shared)	17.11.22			
13	Consulted with recognised trade unions	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N			



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1. Introduction

1.1. This policy ensures all children have enough sleep for them to develop and to promote best practice for all children in a safe environment whilst at nursery. Children all develop at different rates and we must meet their needs throughout the day at the nursery. As they grow they will usually develop a routine in which they reduce the length or frequency of their daytime sleeps. A child's (All About Me) is completed with the parents by their keyworker before they settle into the pre-nursery.

2. Aim of the policy

2.1. The aim of the policy is to ensure all children are safe whilst resting or sleeping.

3. Implementation of the policy

3.1. Children at Little Jumping Beans pre-nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff have created an environment for the children to rest or sleep i.e. a quiet area to cuddle up with a book and sleep mats.

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

Sleep monitoring

3.3. All sleeping children must be checked at 10 minute intervals, a timer is used to do this. Staff who are working in the room are all responsible for checking the children.

Checking a child while sleeping should involve:

3.4. Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath

3.5. Ensuring that each child is well

3.6. Ensuring that each child is not hot or too cold

3.7. Ensuring all sheets and blankets are not wrapped around the child

3.8. The sleep monitoring chart is used to record the checks and is signed by a member of staff. A record of each child's daily sleep pattern is recorded and shared with parent/carer on collection.