



REST AND SLEEP POLICY AND PROCEDURES

Approved by: SMT

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To be reviewed by: SMT

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Accessibility: Available on the school website and paper copy on request

Scope: Ashbridge Nursery, Ashbridge-on-Ribble Nursery, Ashbridge Nursery at Maxy Farm, The Fledglings Nursery, Reception Class Ashbridge School

Rest and Sleep

In order to meet children's individual needs, facilities, opportunities and procedures for children to rest and sleep are of key importance.

For our youngest children, cots, coracles and sleep mats in safe spaces are available and are used by individual babies for sleeping when required. (See Cot and Sleep risk assessment.)

Children's individual sleep patterns, in terms of time and duration are determined in consultation between parents and a child's key person.

For older nursery children, breathable individual rest mats are available and used with an individual covering sheet for children to rest and sleep. Individual blankets or sleeping bags with inner sheets are also provided.

Older children are encouraged to rest following their lunchtime meal and the wishes of parents regarding duration of sleep times are considered to ensure we are meeting children's wellbeing and individual needs.

Facilities within each area (e.g. beanbags, sleep mats, cosy areas) provide opportunities for children to rest when they wish and the flexible structure of the day within our nursery environments and practices accommodates this.

The benefits of sleeping outdoors and in well ventilated areas are recognised and procedures have been considered carefully. Such environments are increasingly used in our daily practice with children sleeping in outdoor settings, continually supervised, with appropriate clothing to ensure warmth and adequate protection from the elements. All procedures for sleep and rest are discussed with parents on an individual basis and procedures reviewed and adapted accordingly.