



Ashbridge
INDEPENDENT SCHOOL & NURSERY

REST AND SLEEP POLICY AND PROCEDURES

Approved by: SMT

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To be reviewed by: SMT

Review date: September 2022

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

At Ashbridge, we recognise the importance of adequate rest and sleep for a child's overall wellbeing and development.

Children's individual sleep patterns are determined in consultation between parents and a child's key person. The wishes of parents regarding timings and duration of sleep are considered, alongside the child's wellbeing and individual needs. All children are supervised continually whilst sleeping.

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

For older nursery children, breathable individual rest mats are 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.

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.

We recognise the benefits of sleeping outdoors and in well ventilated areas. As a result, we have considered procedures carefully so that such environments can be used increasingly in our daily practice. Where children do sleep in an outdoor setting, dynamic risk assessments are in place and children are continually supervised. They are also provided with appropriate clothing and specialist equipment 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.