

Rest and Sleep, Policy and Procedures (EYFS)

This policy is agreed by the SMT and is reviewed regularly in order to assess its implementation and effectiveness. The policy is promoted and implemented throughout the company and made available to parents on request.

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 and sleep mats in safe spaces are available and are used by individual babies for sleeping when required. (See Cot 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 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.