



## EYFS: The Safeguarding and Welfare Requirements

### 3.59

## Health

### 3f.6 Sleep and Rest

#### Policy Statement

Auden Place Community Nursery recognises the benefits of sleep and rest to children, to give their body and mind time to regenerate.

#### Procedures

- All children at nursery need to be offered 'quiet' time during the nursery day. \* **Quiet time must be offered to all children, whether or not they need a sleep, this may be in the form of lying or sitting down and listening to some classical music, or reading a book.**
- We aim as closely as possible to follow each individual child's sleep routine as informed by parent during the child's induction.
- Temperature of the sleep room needs to be regularly monitored to ensure the correct temperature. Ideal temperature is 18 degrees centigrade, although it can be varied from 16 - 21 degrees centigrade.
- All children have their own sheets and blankets which are kept in sleep bags. Shared cots must have their sheets changed between children. All sheets, whether part-time or not are washed once a week, more often if necessary
- All beds are sprayed and wiped down daily
- Children's nappies need to be checked before going down for a sleep and again when they wake up, changing it if necessary. Pull ups will be provided for children who are toilet training. Those not in nappies should be offered the toilet at these times.
- No child should ever be forced to sleep, but gently encouraged by a member of staff reading to, singing to, cuddling etc. to meet the needs of the individual child.
- Staff must always lay children under one down to sleep on their backs with their feet placed at the foot of the cot with a blanket over them if necessary, until the child is of an age when they can arrange themselves.
- Shoes must always be removed.
- Children must never be left attended when they are asleep.
- Staff ratios must remain in place, although staff can use this time do carry out some nursery duties, as long as they are available for when the children wake up or other needs such as fire drills etc.
- When children wake, they must be gently greeted and offered a drink, nappies and pull ups will be removed and changed.