



REST AND SLEEP POLICY

Children get very tired during the day and need to have opportunities to rest and sleep within the nursery day. Every child's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need. It is very important that young children get all the sleep they need and so we prioritise and facilitate this in all departments of the nursery. Staff will follow the child's routine provided by the parent/carer.

Comforters and comfort blankets

Comfort blankets and soft toys are welcome for they bring comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. Parents may wish to provide dummies for their children for they too can provide comfort during rest and sleep times however the nursery does not provide, supply or ever introduce them to children themselves.

Rest areas

Within each play room there are quiet carpeted rest areas with soft seating or cushions where children can go if they wish to rest and relax. Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines which vary as they grow and develop.

Parent's Wishes

The preferences and wishes of parents are always valued and respected and staff work closely with them to ensure each child's individual needs are carefully met. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this can be happily complied.

Sleep records

Sleep Record Books are completed each day so confirmation is always available regarding the times each child has slept on any given day.

Parents are kept informed regarding their child's sleeps both verbally and through their child's daily diary.

Safe Sleeping

M.A.P follows the guidelines from the Scottish cot death trust to ensure the children's continued safety when sleeping in cots or prams.

We ensure:

- The room temperature is kept between 16-20 degrees Celsius and cots or prams are not left in direct sunlight or next to radiators.
- Cots are not positioned near the blind/cord.
- All babies are placed to sleep in a cot on their back, with their feet towards the bottom end of the cot. If the baby is less than six months old and have turned onto their tummy, staff will gently return them onto their back
- All mattresses are in first class condition, clean and fit for purpose.
- Children are covered with a lightweight blanket or placed in a Gro-bag. Staff follow the guidance provided with gro-bags and parent permission is sought.
- Pillows are not used in the cots or buggies.
- Baby's heads are uncovered and hats removed when putting them down to sleep unless it has specifically been recommended for medical reasons
- Each baby/child has their own bedding and allocated cot.
- Staff remain within ear shot and use a baby listening monitor linked to the main playroom.
- Staff follow the individual routine for each child in accordance with parental wishes.
- Babies sleeping in prams are physically checked every ten minutes.
- Toddlers sleep on the low beds in the sleep room.
- Bibs are removed before a child is put down for a sleep.
- Toys/mobiles are not placed in the cot/buggy.

THE IMPORTANCE OF REST AND SLEEP

The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and continue it to be a highly important part of their personal and developmental needs.