



## ***Rest and Sleep Policy***

The Montessori approach recognises that secure relationships are fundamental for children to thrive, parents to have confidence and staff to be dedicated. The key person's role in a Montessori environment focuses on building and maintaining respectful partnerships with carers and children.

### **Early Years Foundation Stage, Key Themes & Commitments:**

- Children learn best when they are healthy, safe and secure, when their individual needs are met, and when they have positive relationships with the adults caring for them. (EYFS 3.1)
- Providers must take all necessary steps to keep children safe and well. Safeguard children; ensure the suitability of adults who have contact with children; promote good health; and maintain records, policies and procedures (EYFS 3:3)
- Each child must be assigned a key person. Their role is to help ensure that every child's care is tailored to meet their individual needs, to help the child become familiar with the setting, offer a settled relationship for the child and build a relationship with their parents and/or carers. They should also help families engage with more specialist support if appropriate. (EYFS 3:34)
- Children must usually be within sight and hearing of staff and always within sight or hearing. (EYFS 3:36)
- Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS ([www.nhs.uk](http://www.nhs.uk)). Practitioners may also find it helpful to read NHS advice on safety of sleeping children: Reduce the risk of sudden infant death syndrome (SIDS) - NHS ([www.nhs.uk](http://www.nhs.uk)). (EYFS 3:69)

It is vital children get the sleep they need to function and grow their cognitive, physical, and emotional development. It is crucial for a child's health and wellbeing that enough sleep is had and important that we encourage restful and quiet times at the nursery.

### **Effective Practices**

When introducing or sharing the policy with Oaklea parents, the following will be discussed:

- All parents/carers will be given an 'All About Me' booklet before their child arrives for their first session at the nursery. Part of the introduction to nursery

is to gain knowledge of your child's individual routine and their sleep and rest time periods.

- Practitioners will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.
- Some parents/carers may not want their children to sleep, and this will be discussed with the key person, during the meet and greet.
- Parents are informed that "Back to Sleep" is recommended by the Foundation of Sudden Infant Death Syndrome (FSIDS).
- Practitioners will distract and discourage sleep if a parent/carer has requested for the child not to sleep, however we will not physically keep your child awake. Similarly, if the child does not want to sleep, we will not force them.
- If they fall asleep, you will be phoned and asked how you would like us to proceed.
- The babies /children are monitored every 10 minutes during their sleep time.
- A practitioner will always be present with children when they are sleeping / resting.
- All children's mouths are checked before going to sleep.
- All care rooms are well ventilated, with room's temperatures of 16-22c (recommended guidelines); however, this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in care rooms to ensure temperatures are monitored and this information will be used to report temperature concerns to the manager.
- Practitioners will not put a child to sleep in pushchairs and will not put a child to sleep in a car seat. *On outings, if a child falls asleep in a pushchair, sleep checks will continue to be made at 10 minute intervals – breath, temp and position (including making sure nothing around their face).*
- Floor beds are not placed by radiator or window.
- After each sleep, practitioners will change the bedding.
- Due to recent guidance on the safety of baby sleeping bags, if using a sleeping bag, no other bedding is needed.
- Babies sleep in floor-beds/baskets discussed with the parent or carer and of their wishes. Babies will always be placed on their backs to sleep unless there is a signed (by a medical professional) sleep position medical waiver on file.
- Children that have medical conditions, certain emotional needs or sleep training programmes, the parent should discuss this with the Key Person and Nursery Manager at the meet and greet or as soon as this change may arise.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes and breathe do not smell of smoke when caring for babies or any other children within the nursery.
- All key persons will receive training on our Rest and Sleep Policy and SIDS risk reduction.
- Practitioners report anything that causes concern to the nominated person for safeguarding (Dawn Lewis, Carla Gunn).

### **Settling Sleepers**

- The child's sleeping routine is discussed with the parent/carers and recorded within their personal sleep routine i.e., length of sleep, position of sleep.

- Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with your child's personal belongings.
- Bibs must be removed before sleeping. Any other clothing is to be removed, if necessary, to ensure comfort and safety and prevent overheating in small babies who are unable to regulate their temperature.
- If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes.
- A child will be settled by a member of staff unless parent/carer requests they settle themselves to sleep.
- Practitioners will attend annual Safeguarding training and appropriate methods, or comfort is regularly reviewed. **Please see Movement and Touch Policy**
- If a child settles themselves', then a member of staff will be near to the child.
- Practitioners will not allow a child to consume milk from a bottle whilst going to sleep as a soother for settling to sleep.
- All sleeps will be recorded on the child's Parentzone.

### ***Safe Sleeping Checks: Whilst Sleeping***

- Children are NOT to be left unsupervised. Visual supervision is always required. At least every 10 minutes the practitioner will visually check on the child; looking for the rise and fall of the chest and if the sleep position has changed. The practitioner will be especially alert to monitoring a sleeping baby during the first weeks the baby is in our care.
- Practitioners will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- Practitioners will ensure blankets and muslins are not covering children's faces.
- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- Practitioners will ensure children sleeping are not hot or cold.
- This is recorded and updated daily on parentzone.

### ***Rest Time***

- All the care-rooms have a 'cosy area' for children to have periods or rest when they require.
- Most children by the age of the preschool room (3-5yrs) tend not to have an afternoon sleep, however if your child requires a sleep then the practitioners will arrange for the child to have a sleep in the cosy area.
- The child's key person will discuss with the parent/carer the child's sleep / rest routine and how this fall within the nursery day. There may need some adaption to sleep times to ensure suitable staffing can accommodate individual needs and that there are safe areas to sleep
- Practitioners strive to provide as many learning opportunities as possible, therefore staff will discuss with the parent/carer the balance between rest and play time whilst attending the nursery session

[Watermarked Safer-Sleep-for-babies-a-guide-for-parents-ENG.pdf \(lullabytrust.org.uk\)](#)