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**Sleep and Rest Policy**

**Policy statement**

Leafield Preschool does not have a sleeping area within the setting or set sleep/nap times for children. However, we know that every child’s needs are different so we provide flexibility for children to rest as they need and regard it to be a highly important part of their developmental need. The children are able to have quiet time in our reading nook and if children do fall asleep, we have a temporary bed that we place in the corner of the main room for children to sleep. Children are laid on their backs and can us a breathable blanket if they choose. The blanket will be tucked under their arms. A toddler pillow is also available if the child chooses to use it. The bed is wiped down after each use.

Parents will be informed if their child has had a nap verbally on collection of their child.

Children will be monitored visually (every 10-15mins) when sleeping and will never be left in a separate room to sleep. When monitoring a sleeping child, the staff member will look for the rise and fall of the chest, and if the sleep position has changed.

Due to staff:child ratio’s, staff are unable to cuddle/hold children to sleep but if a child does fall asleep whilst being held/cuddled by a staff member they will be transferred to the temporary bed to sleep.

**Rest Area**

A rest area with large cushions is located within the reading nook.

**Parent’s Wishes**

Parent’s wishes are always valued and respected and staff work closely with them, to ensure each child’s individual needs are carefully met. We will never force a child to stay awake or go to sleep.

**Comfort Blankets/Toys**

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children especially when they are new to the Preschool. Children who are settled at the setting will be asked to put their comforter into their bag but it is available to them whenever it is needed. We will not withhold comfort blankets/toys from children.

**Dummies**

Dummies are not encouraged within Pre-School as we recognise the impact they can have on a child’s speech, interaction with others and are a major cause of speech delay. However, if it is specified by the parent, we would not withhold a dummy if the child is unsettled or distressed.

**Early Years responsibilities for supporting parents with children’s sleep**

For some parents/carers and families developing sleep routines so that the child has adequate rest can be daunting and can impact on the child’s wellbeing at nursery. Parents will be provided with information or signposted to support such as Health Visitors.

**Parent/Carer Responsibilities**

Parents/Carers must ensure they provide all relevant information with regards sleep for their child in their all about me form (on tapestry) which they will complete after the child’s settling in session. They will be required to update staff on any changes to their child’s day time sleep routine. Parents/carers should notify practitioners at drop off if a child’s sleep has been disrupted as this may impact their session at the setting. Parents must ensure that the setting always has their up-to-date emergency contact details.