

Sleep and rest policy – January 2016

At Lark Hill Nursery School we recognise that sleep and rest are important to young children's development. It is our policy to cater for individual children's needs in regards to sleep and rest times. The preferences and wishes of parents are always valued and respected and staff work closely with them. Sometimes a family may ask for a younger child not to have a sleep as they are concerned it will affect their night time sleep. Families often find, however this is not the case as they start Nursery and are surprised at how tired they are during the day as they have been so busy during their morning at Nursery.

The National Health Service recommends that young children have the following sleep and nap times :

2 year olds – daytime 1 hour 30 minutes, night time 11 hours 30 minutes

3 year olds – daytime 0-45 minutes, night time 11 hours 30 minutes to 12 hours

4 year olds – night time 11 hours 30 minutes

Every child needs to develop a healthy pattern of rest and sleep during the day and night. By the time they are between 3 and 6 weeks old most infants have settled into a sleep-wake cycle. Sleep is an important part of a healthy lifestyle and helps each child achieve their full potential as it directly impacts on their mental and physical development. We think about 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

At Lark Hill Nursery School we will:

- Ensure that each child who has a regular daytime sleep will have their own sleep mat, sheet and blanket. These are labelled with names and photographs.
- Position the sleep mats in the way which will be most conducive to the children resting and falling asleep. Some children may be distracted if they can see another child or have a routine such as liking to have their back stroked to help them settle. We will ensure there is sufficient space between each mat.



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Lark Hill Nursery School

- Ensure sleep mats are cleaned once a week with an antibacterial wipe or spray; more often if needed. Sheets and blankets are also washed every week or more if needed.
- Provide a calm, dedicated sleep space within the small room available after lunch and to also ensure children have access to sleep at any time of the day if they need it.
- Encourage children to bring a comforter from home if they use one.
- Have regular discussion about sleep routines with parents / carers.
- Help the children to settle for sleep and let them sleep as long as they need and wake naturally whenever possible. No child is forced to sleep and sleep times are always supervised by an adult.
- Make children comfortable and safe if they fall asleep in an area other than the sleep area e.g. in the book corner on cushions etc. or on the pavillia (it looks like a big bed)
- Let children sleep at times other than the designated sleep time according to their individual needs.

Most children by the age of the age of 3 or 4 tend not to have an afternoon sleep however we recognise that children all at points in their day need times where they can rest and have a quiet time.

We have created an environment with places for the children to rest (our settees, pavillia to relax and share a story and quiet corners to have a rest on their own or with a friend or an adult.)



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