



	<p>This policy applies to all staff, including senior managers, paid staff, volunteers, agency staff, students, or anyone else working on behalf of First Steps Childcare.</p> <p>At First Steps we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.</p>
	<p>To make parents and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care. First Steps Childcare recognises that:</p> <ul style="list-style-type: none"> <li>• The welfare of the child is paramount.</li> <li>• It is very important for young children to get all the sleep they need.</li> <li>• Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised.</li> <li>• Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times.</li> </ul>
	<p><b>Rest Areas</b> Within both the nursery and the preschool there are quiet rest areas with soft cushions, travel cots, and beds where children can go if they wish to rest and relax at any time of the day. Pushchairs are available should a young child require a rest whilst outside or on an outing.</p>
	<p><b>Comforters and comfort blankets</b></p> <ul style="list-style-type: none"> <li>• The nursery shall not provide dummies for children, nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.</li> <li>• If parents do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.</li> <li>• Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interaction with others, and are a major cause of speech delay.</li> </ul>
	<p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• Staff are fully aware of the fact that children need rest and sleep.</li> <li>• Staff appreciate that children have individual needs and routines which vary as they grow and develop.</li> <li>• Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day.</li> </ul>
	<p><b>Parent's wishes</b></p> <ul style="list-style-type: none"> <li>• The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.</li> <li>• Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be taken into account provided that these wishes are in the child's best interests.</li> </ul>
	<p><b>Sleep Records</b></p> <ul style="list-style-type: none"> <li>• Record sheets are completed each day to record how long each child has slept for whilst at nursery, and to ensure children are monitored/ checked every 10 minutes.</li> </ul>

## SLEEP POLICY

### **The importance of rest and sleep**

First Steps Childcare ensures that all children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.

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