

## Rest and Sleep Procedure

- Children must be toileted or their nappies changed as appropriate before any rest or sleep
- Shoes and any thick clothing must be removed, taking into account the temperature of the room
- Children will have their own individual bed sheets in named bags
- Children are to be laid on their bed within a calm, relaxing, ventilated room
- Children are to be laid “top-to-tail”, a good distance apart from one another
- If the children require, they may be patted off to sleep if they find this a comfort
- The Nursery will not use drinks as a form of comfort to a child as they go off to sleep for health and safety reasons
- Children will be checked every 15 minutes, and this check will be recorded
- To allow children to familiarise themselves with their surroundings they will be woken in a gentle and calm manner
- Children will be left for as long as needed unless parents specify otherwise
- Drinks will be offered to the children if they require them
- If necessary children will be toileted or nappies changed upon waking
- Parents will be kept informed of their child’s sleep patterns at Nursery
- The Nursery will work in partnership with the parents to provide the children with consistent routines as used at home
- Upon sleeping/waking all children will be written down on a sleep chart

Last updated November 19, 2023