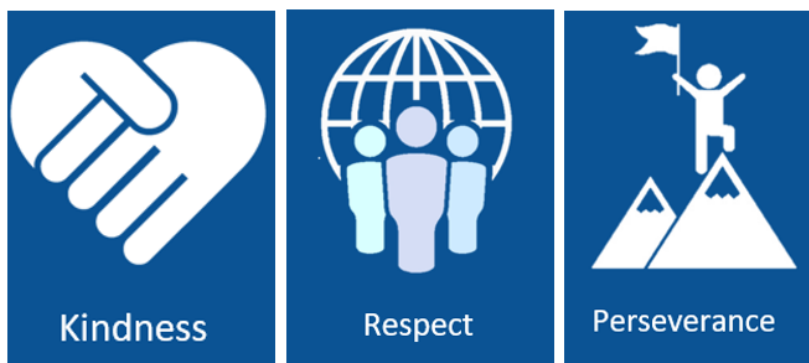


Ditchling (St. Margaret's) CE Primary and Nursery School

Learning Together. Building Success.

Sleep Policy

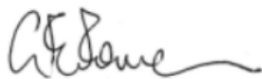
Learning Together. Building Success.



'Living life in all its fullness' John 10:10

Version	Reviewed by	Approved by	Date Approved	Next Review Date
I	ESCC Model	Head/FGB	March 2024	March 2025

Signed: Chair of Governors



Signed: _Headteacher



Introduction

At Ditchling (St Margaret's) CE Primary and Nursery our vision is Learning Together. Building Success. To achieve this, we aim for children to feel safe, stimulated and happy in our Early Years Foundation Stage (EYFS). Our aim is to ensure that all children have enough sleep for them to develop and to promote best practice for all children in a safe environment. Ofsted regulation states that it is an Early Years Foundation Stage requirement to respect parental wishes but practitioners will make decisions based on best practice. When settling into nursery, parents are given a 'parent/child voice' sheet to complete. This helps nursery staff gain knowledge of children's routines, likes and dislikes. Staff will discuss the individual needs and requirements of each child to ensure their rest routine, where possible, mirrors that of home-life.

Procedures

Sleep and rest times:

- Children have the opportunity to rest or sleep if they need/want to throughout the day.
- Staff will create a quiet environment for this to happen; either a quiet comfy corner or with sleep mats.
- Parental wishes will be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his/her will. This is an Ofsted regulation.
- Children can sleep in their own buggy if parent/carers request this.

Safe Sleeping Checks: Whilst Sleeping

- Sleeping children will be checked by staff at 15 minutes intervals to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- Children's breathing will be checked by placing the back of a hand near the child's mouth to feel for breath or by watching for the child's chest rising for 3 breaths and listening for breathing sounds. If in doubt another adult is asked to check.
- Staff will ensure they are not hot or cold.
- Comforters, where required, should be provided from home and these will be stored with children's personal belongings.
- All staff who are working in the room are all responsible for checking the children.
- A sleep monitoring chart will be completed by a member of staff (see below) and parents/carers will be informed.

Links to other policies

Settling-in Policy

Sleep Record

Child's name	Date	Time fell asleep	Checked ✓ (Initials)	Checked ✓ (Initials)	Checked ✓ (Initials)	Checked ✓ (Initials)	Checked ✓ (Initials)	Checked ✓ (Initials)	Time woke up	Additional comments	Parent informed