



Bessemer Rest and Sleeping Policy

Most 2 year olds will need to rest, nap or sleep at some point during the day. Sleep and rest are essential to young children's wellbeing. If there is a lack of sleep young children are more likely to have behaviour issues and tantrums. Regular sleep helps develop the immune system and is linked to brain development. Storing and processing information is usually done while asleep so there is a direct link between sleeping well and learning and development.

Little Stars

The children in Little Stars have a designated sleep room. They have individual sleep mats with their own bedding which is washed weekly. A familiar member of staff will sit with the child or children who are in the process of going to sleep. The children who do not need to sleep can play in the main room. The preferences and wishes of parents and carers are always valued and staff work closely with them to ensure each child's individual needs are carefully met.

- 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. Parents' wishes will be taken into account provided that these wishes are in the child's best interests. Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will.
- If a parent requests that their child has a sleep, and they are still awake after 20 minutes, the child will be asked whether they would like to join those children who are playing in the room, rather than remain on the sleep mat.
- When children are collected, feedback about their sleep will be given to parents and carers verbally by a member of staff.
- In line with existing school procedures, a phone call will be made to parents/carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.

Safety

Sleeping children will be checked on every ten minutes. Checking a child while sleeping should involve:

- putting the back of their hand near to the child's mouth to feel for breath
- visually checking breathing (chest rising)
- looking to ensure child is comfortable but not in a position that may be dangerous
- ensuring that each child is not too hot or too cold
- ensuring that a child's comfort blanket is not wrapped incorrectly around the child.
- the sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check.

Comforters and comfort blankets

We shall not provide dummies for children, nor shall we introduce a child to a dummy if they have not used one before at home. However, parents are permitted to bring in a dummy from home for their child to use when in Little Stars, as we recognise a dummy can provide great comfort for a child during rest and sleep times;

- If a parent wishes their child to use a dummy during sleep and rest times, they should bring the dummy to nursery in a plastic container with their child's name clearly labelled on the box;

- Dummies and other comforters are usually restricted to sleep and rest times. They are not encouraged at other times, as they can hamper a child's oral health, speech and interaction with others.

Nursery

The children in Nursery usually do not sleep. If they do want to rest, they can go to the quiet area of the classroom and lie down on the bean bags to rest.