

## **Rest and sleep policy at Millfield Nursery**

This policy applies to all staff, including senior managers, paid staff, volunteers, agency staff, students or anyone else working within Millfield Nursery.

At Millfield nursery 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. Any child requiring more frequent rest breaks due to medical needs confirmed during induction will have an additional risk assessment / plan of care in place.

The purpose of this policy is:

- 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.

Millfield Nursery recognises that:

- The welfare of the child is paramount;
- It is very important for young children to get all the sleep they need;
- Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised;

In order to achieve the aim of this policy we adhere to the following:

### **Rest Areas**

- Within Millfield nursery there are quiet areas with large rugs and a sleep mat available when needed.

Children are most likely to fall asleep during meditation time that takes place after lunch break play. If a child falls asleep during this time a member of staff will where appropriate transfer the child to a sleep mat.

A child may request a sleep mat to lay on to sleep or rest at any point during the session.

A member of staff may suggest a sleep mat if any child expresses they are feeling tired.

The sleep mat is to be covered in a clean flat sheet. During winter months once the child has been transferred to a sleep mat, they may be covered in a light blanket/sheet.

### **Staff**

- Staff are fully aware of the fact that children need rest and sleep.
- Staff appreciate that children have individual needs and routines which vary as they grow and develop.
- Children are encouraged to indicate and say when they are tired and need to rest.

### Parent's wishes

- 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.
- 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.

### Whilst a child is sleeping

- A member of staff remains in the room at all times when children are sleeping, and regularly checks on any child.

Dated: October 2024

To be reviewed bi-annually