



## **REST & SLEEP POLICY**

At Little Willows Pre-School we recognise that children can become very tired during the day and that it is necessary to provide an opportunity for children to rest or sleep during their session. We believe that every child's needs are different, and we aim to provide flexibility and opportunities for children to take rests and a nap as they need.

### **REST AREAS**

Within the pre-school there is a quiet carpeted rest area with covered mattresses where children can go if they wish to rest and relax

### **COMFORTERS**

Should a child require a dummy when sleeping, this may be brought in from home exclusively for this purpose. It must be kept in a hygienic dummy pot.

### **PARENT'S WISHES**

The preferences of parents are valued and staff work closely with them to ensure each child's needs are met. Some parents prefer their children to have only a short sleep. Parent's wishes will be taken into account provided they are in the child's best interests.

### **SLEEP RECORDS**

Record sheets are completed each day to record how long each child has slept and at what time.

### **TOILETING**

Staff should ensure that children have the opportunity to go to the toilet, and if children are in nappies/pull ups – that they are clean before being put down for a nap.

### **SLEEP CHECKS**

A member of staff will check on sleeping children at regular intervals (15 minutes), and the time they are checked will be noted on a sleep register.

### **MATTRESS COVERS**

Mattress Sheets and blankets will be allocated to each child that naps regularly. They will be laundered at the end of the child's last session that week. Mattresses will be cleaned with an anti-bac spray after each use.

### **PHYSICAL CONTACT**

There will be times when the staff will require having a close physical contact with young children. It is important for the children to feel safe, secure and loved in their environment, however we also acknowledge that children can react differently to physical contact and we will respect this at all times. With the exception of very young children where physical contact is required for feeding and settling to sleep, it should always be the child who instigates any sort of physical contact such as a cuddle. If a child is very upset then the adult must ask the child if they want a cuddle. Children must not be kissed by the pre-school staff under any circumstances (with the only exception if it is a member of staff's own child).