



Rest And Sleep Policy

At Apple Blossom Nursery every child's needs are different. We provide flexibility and opportunities for children to take naps and rest as they need it. We recognise parent/carer knowledge of their child and work together with parents to support sleep routines.

Our rest area is located in our quieter book area and consists of a sleep mat with sheets, pillows and blankets which are washed after a child has used this area.

Children can access the sleep area freely when they feel they need to rest. All practitioners will be aware if a child has taken themselves to this area and watch them in case they fall asleep.

Practitioners are fully aware that because of the sleep patterns of our children some may need to rest or sleep during the day.

Practitioners will discuss with parents/carers at drop off if the child has had a good or bad night, so they are aware of the child's need to rest or sleep during the day.

Practitioners will always take into account parent's/carer's wishes, whether they allow their child to sleep and for how long or if they do not wish them to have a sleep. However, practitioners will never force a child to stay awake or go to sleep.

Practitioners will note the time (on a sleep chart) a child falls asleep and will monitor the child visually whilst they are sleeping. Practitioners will look for the rise and fall of the child's chest, and if the sleeping position has changed. Should a child fall asleep on a practitioner, they will be transferred to a safe sleeping surface to continue their rest. To prevent overheating practitioners will ensure children are not covered by lots of layers and will remove any outdoor clothing.

Practitioners will never leave a sleeping child alone in the room.

Parents will be informed of their child's sleep verbally at pick up time and include the length of time the child has slept for. The child's sleep will also be recorded in their communication book