



St. Thomas a Becket Nursery School
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Registered Charity No. 1097448

Rest and Sleep

Responsibility: Nursery Manager / Nursery Lead

Review Cycle: Every two years

Date of adoption / last review:	Signed / Role	Date of next review:
May 2024	C.Harrison / Nursery Lead	May 2026

St Thomas a Becket Nursery
Rest and Sleep Policy

EYFS January 2024

EYFS S1

Personal, Social and Emotional Development

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary

EYFS S3

The safeguarding and welfare requirements

3.1 Children learn best when they are healthy, safe, secure, when their individual needs are met, and when they have positive relationships with the adults caring for them.

3.2 This section of the framework sets out the safeguarding and welfare requirements providers must meet. They are designed to help providers create a high-quality, welcoming, and safe setting where children can enjoy learning and grow in confidence

3.3 Providers must take all necessary steps to keep children safe and well. The requirements in this section explain what early years providers must do to:

- Safeguard children.
- Ensure the adults who have contact with children are suitable.
- Promote good health.
- Support and understand behaviour.
- Maintain records, policies, and procedures.
 - All members of staff will receive safeguarding training on a regular basis, and receive child protection and safeguarding updates as required, but at least annually.
 - All members of staff are instructed to report any concerns about the safety and welfare of children's intimate care, including any unusual marks, bruises or injuries, to the DSL in accordance with the nursery's Child Protection and Safeguarding Policy.
 - Any concerns about the correct safeguarding of children will be dealt with in accordance with the Child Protection and Safeguarding Policy and our Whistle Blowing Policy.

Suitable people (see our Safer Recruitment Policy)

3.9 Providers must ensure that people looking after children are suitable; they must have the relevant qualifications, training and have passed any required checks to fulfil their roles. Providers must take appropriate steps to verify qualifications, including in cases where physical evidence cannot be produced. Providers must also ensure that any person who may have regular contact with children (for example, someone living or working on the same premises the early years provision is provided), is suitable

- Our Nursery adopts rigorous safeguarding procedures in accordance with the Child Protection and Safeguarding Policy and will apply these requirements to the intimate care procedures.

- Intimate care is classified as regulated activity; therefore, we will ensure that all adults providing intimate care have undergone an enhanced DBS check (which includes barred list information) enabling them to work with children.

Key person

3.34 Each child must be assigned a key person. Their role is to help ensure that every child's care is tailored to meet their individual needs, to help the child become familiar with the setting, offer a settled relationship for the child and build a relationship with their parents and/or carers. They should also help families engage with more specialist support if appropriate

Sleeping arrangements

3.69 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that [cots and] bedding are in good condition and suited to the age of the child, [and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) – NHS. (www.nhs.uk.)] Practitioners may also find it helpful to read NHS advice on safety of sleeping children: Reduce the risk of sudden infant death syndrome (SIDS) – NHS (www.nhs.uk).

- Please see our rest and sleep policy

Policy Statement

St Thomas a Becket Nursery is dedicated to the importance of its responsibility to safeguard and promote the welfare of children.

This policy has been developed to ensure that all staff responsible for supporting children who need quiet time, rest and sometimes a sleep, undertake their duties in a professional manner at all times and treat children with care, sensitivity and respect.

Parents' and carers' wishes will be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised.

Our Aims

- To 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 day at nursery.
- We remember and respect 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.

Our Standards:

The nursery commits to providing safe and intimate spaces for children that:

- Are sensitive to the individual child's needs and preferences;
- Maximises their safety and comfort whilst sleeping;
- Protects them against intrusion and potential danger whilst remaining in sight at all times to all practitioners;
- Supports other children's understanding of the benefits of rest;
- Encourages children to respect their friend's needs;
- Protects the rights of all others involved.

Assurances:

Children will be supported to access all of the rest and sleep they need whilst in our care. We provide a quiet and comfortable area in which children snuggle down into if they feel tired or need some time out of the busyness of play and exploration. Blankets and cushions are available for a child to choose from and a practitioner will aid their choices to ensure their warmth and comfort. A staff member will encourage a sleepy child to have a rest by sitting with them until they fall asleep, reading them a book or other such calming activities. A sleeping / resting child will always be in sight of the whole room and will be frequently checked by staff to ensure their health, safety and welfare. An example can be checking that the child is warm in winter or cool enough in the summer months.

A child is **never** restrained.

Procedures:

Rest Areas

- Both Caterpillars and Butterflies have quiet, carpeted rest areas with soft cushions and or children's sofas where children can go if they wish to rest and relax at any time of the day.
- Cosy Corners are located in both playrooms and hold lots of cushions, soft toys and books.

Comforters and comfort blankets

- Younger children often bring a comfort blanket, or similar, with them to nursery. The older nursery children still may need to bring their comforters in but we find that they ask more frequently for these to be stored in their bags. This is a natural progression for a child as they develop in confidence and need less sleep during the day.
- The nursery shall not provide soothers for children, nor shall the nursery introduce a child to soothers if they have not used one before at home. Parents are permitted to bring in a soother from home for their child to use when at nursery as we recognise this can provide great comfort for a child during rest and sleep times and at times of upset.
- The children's use of soothers are not encouraged at other times as they can hamper a child's speech development and interaction with others. Please speak to your child's Key Person, or any staff member if you would like support in weaning your child off their soother.

Quiet time

- Quiet time is offered to all children to allow them time to recharge their batteries in a busy day.
- Quieter activities such as drawing, painting, playing board games, reading or playing with small world toys or puzzles are always available and accessible to children.

Staff

- Practitioners are tuned into children's needs to rest and sleep.
- Practitioners 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 and are supported in seeking sufficient rest to their needs.

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.
- Practitioners will inform parents if their child has had a sleep during their nursery day.