

**St John Fisher and Thomas More Primary and Nursery  
School**

**Sleep and Rest Policy**



## **St John Fisher and Thomas More Primary and Nursery School**

### **Aim**

To communicate to parents our approach to sleep and rest opportunities for children at nursery to ensure that they get all the sleep they need whilst in our care.

### **We recognise that:**

The welfare of the child is paramount and therefore:

- It is very important for young children to get all the sleep they need;
- The wishes of parents and carers are respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised; and
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during their rest and sleep times.

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

### **Rest Areas**

- Within both nursery rooms there are quiet, carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

### **Comforters and comfort blankets**

- The nursery shall not provide dummies for children, nor shall the nursery 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 at nursery, 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 speech and interaction with others.

### **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;
- Staff encourage children to indicate or say when they are tired and need to rest.

### **Parents' wishes**

- 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.
- Where possible, a member of staff will sit with the child or children who are in the process of going to sleep.
- 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

**Signed: (Headteacher) .....**

**Date: .....**

**Submitted and agreed by Local Governing Body on**

**Date: .....**

**Signed: ..... (Chair of Governors)**