

Stepping Stones Childcare

Sleeping Policy

EYFS 3.59

It is essential for promoting good health that children rest and sleep during the day. Sleep plays a vital part of a child's development as it can affect their physical, emotional and mental wellbeing and also plays a big part in their ability to learn.

'Early years professionals can do a lot to teach children and parents about health and sleeping. It matters because good sleep allows children to learn, concentrate, grow and develop and means they are generally healthier and happier.'

By contrast, poor sleepers often suffer from behavioural issues, attention difficulties and problems with learning or memory and problem solving.'

Ruth Silverman Health Visitor, Sleep Specialist

Therefore, given our long hours suggest that all children should sleep after lunch and allow them to wake in their own time so that they are able to enjoy their afternoon of play and learning.

Some children if tired will struggle to enjoy their afternoon and can become frustrated, aggressive or distressed.

We ask parents to share information on their child's sleeping routine with the child's key person when starting nursery.

We recognise parent's knowledge of their child with regards to sleep routines and will where possible work together to ensure each child's sleep patterns and wellbeing continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. The staff will not wake a sleeping child.

We provide a safe sleeping environment by:

- Monitoring the temperature of the room
- Using clean, light bedding and blankets and ensuring that babies and children are appropriately dress to avoid overheating.
- Not using cot bumpers or cluttering cots with soft toys
- Babies are placed on their backs with their feet near the foot of the cot to prevent them from wriggling under the blanket. However, once a baby can roll from back to front and back again, they can be left to find their own sleeping position.
- Babies are never placed in their cots with a bottle to self-feed.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface ie a cot or sleeping mat.
- A member of staff is present at all times when children and babies are sleeping.

Nursery routine for sleeping

- Children are taken to where their beds have been laid out and they are encouraged to find their pictures on their beds.
- Their shoes are removed and placed at the end of their bed or nearby.
- A child will be settled by a member staff who will tuck their blanket around them and gently spending a minute making sure they are comfortable, this will help relax and give the child a feeling of wellbeing.
- Some children may need encouragement and this can be done by gently tapping or stroking their back, always observing to see that the chosen method is effective.
- The environment should remain calm and quiet while settling children.

Summary

We recognise parents' knowledge of their child with regard to sleep routines and will where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

However, staff will never force a child to wake up against his or her will. If we are instructed by parents for a short sleeping time for a child then we will call their name, lower the blanket but apart from tapping their arm, we will not apply any physical force to wake them.

At Stepping Stones, we pride ourselves on maintaining the feeling of a homely environment for our children where they are loved and cared for by the staff who are continually meeting all their needs of happiness, fun, stimulation, safety, food and sleep throughout the child's day.

'keep in mind the correlation of the amount and quality of rest a child gets to their behaviour and comfort over the course of the day.' [Nursery World](#)

Reviewed on	Signed by:	Date:	Review date:
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