

MANOR HOUSE SCHOOL EYFS REST POLICY

Date of Issue: **January 2024**

Date of Review: **January 2026**

Responsibility: Director of Nursery Education

References:

EYFS Framework

Aim

Manor House Nursery aim to ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment. Staff should be aware of individual needs of all the children in the nursery especially those who stay until the end of the school day and are three years of age or under. They should have the opportunity to rest or sleep if they need or want to throughout the day.

A CHILD SHOULD NOT BE LEFT TO CRY THEMSELVES TO SLEEP OR BE LEFT FOR LONG PERIODS OF TIME TO 'DROP' OFF TO SLEEP.

Information should be gathered from parents/carers about their child's individual sleep routines and these will be followed as much as possible.

Procedure

When getting a child to sleep the staff need to ensure a number of things happen:

- A clean nappy
- Outer clothes removed
- Had a drink
- A comforter if required
- The child is not too warm
- Staff should prepare the child for a rest by moving to a quieter part of the nursery in either the Nursery classroom. All children should be offered to sleep on a mattress with a clean sheet and blanket. Some children like to be patted to sleep or rocked in a pushchair. If the child has not gone to

sleep after 15 minutes the staff member should consider getting them up and maybe trying later.

- Discuss rest times with parent/carers to establish a time limit. Parental wishes should be taken into account, although staff cannot force a child to sleep, wake or keep a child awake against their will.
- At the end of the session the parent/carer receives feedback.

Monitoring

All staff on duty are responsible for checking the children. Children must never be left unattended when sleeping and should be checked every ten minutes.

Checking a child should involve:

- Ensuring each child is well.
- Ensuring that each child is not too hot or too cold.
- Ensure that all sheets or blankets are not wrapped around the child too tightly

After the child wakes their nappy must be changed or the child is asked if they require the toilet. They should be offered a drink.

Children's bedding is kept in their own numbered bag and laundered each week. Beds must be wiped down with a baby wipe or sprayed with antibacterial spray.

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