



SHANKLEA EYFS

Rest and Sleep Policy

Policy Control Details			
Date policy approved:	September 2020		
Prepared by:	Kay Laughton	Signature	Date
Approved for issue by:	Gareth Pearson	Signature	Date
Review period:	1 year		
Review required by:	September 2021		
Responsibility for review:	EYFS Manager		

Rest and Sleep Policy

Effective rest and sleep strategies are important factors in ensuring a child feels secure and safe in a child care environment. Shanklea Primary School's Rest and Sleep Policy is based on recommendations from the recognised national authority SIDS & Kids.

Shanklea Primary school will consult with families about their child's individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest. The service defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

Shanklea Primary School has a duty of care to ensure that all children are provided with a high level of safety when resting or sleeping while in care. It is understood by staff, children and families that there is a shared responsibility between the service and other stakeholders that the Rest and Sleep Policy and procedures are accepted as a high priority.

In meeting the service's duty of care, it is a requirement that management and staff implement and adhere to the service's Rest and Sleep Policy.

Strategies and practices

The primary safe resting and sleeping practices for children in care at this service are:
Safe resting practices for all children. If a child requests a rest then there is a designated area for the child to be inactive and calm, away from the main group of children.

The designated rest area is in a designated area where flat cushions and mats are provided. The area will be quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.

All children when resting or sleeping should be monitored at regular intervals and a child's face should be uncovered when they are sleeping.

All children who have fallen asleep in the service will be monitored regularly with specific attention to breathing patterns. Parents will be advised that the child required a sleep during care.

Settling children for rest

The techniques and strategies for resting children before and during a rest period are varied and may be influenced by the Service's Philosophy, the professional values of staff/carers and current best practice.

Parents may want to provide a comforter or dummy to help settle a child. This will be used if the child is in distress however will not be encouraged.

The rest environment and equipment

Every day the service will conduct a safety check of the resting environments, equipment and/or aids. If staff/carers identify any hazards they will lodge a Maintenance request form as instructed on the form.

Staff/carers will report any hazards as a matter of urgency and faulty equipment is not to be used under any circumstances.

Room temperature

Room temperature will be kept between 68-75°F and a thermometer kept in the infant room.

Hygiene practices

Resting materials or aids, such as cushions, will be cleaned every week with sanitising solution. Blankets/sheets will be washed regularly.

Staff/Carers

All staff will receive regular First Aid training in resuscitation as defined by Education and Care Services National Regulations 2011 and best practice standards. All staff have received training in paediatric resuscitation and First Aid.

Safe resting practices for a child who is unwell.

If a child is unwell parents will be contacted to collect immediately however they may need to lie down until they arrive. Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has: a high temperature, vomited or received minor trauma to their head. There will be a paediatric first aider on site at all times.

Policy review

The service will review the Rest and Sleep Policy and procedures, and related documents, including behaviours and practices every year.

Families are encouraged to collaborate with the service to review the policy and procedures. Staff are essential stakeholders in the policy review process and will be encouraged to be actively involved at the monthly Staff meetings or at other times if issues are identified.