

### 1. Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at Pre-School.

### 2. Legislation

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

### 3. Principles

At St Stephens Pre-School we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in pre-school is a positive experience, both the child and the family feel supported throughout.
- Communication between the pre-school and the family is promoted and this starts prior to child starting pre-school so information shared and routines established and agreed
- Consistency of care as far as appropriate and possible.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

### 4. Pre-School Responsibilities

The Pre-School will ensure that anyone who supports a child sleeping or resting in Pre-School an employee of the school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep. Pre-School will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know. Pre-School will act according to St Stephens Community Academy safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted. Pre-School will ensure that suitable facility and equipment are provided or designated places for sleep and rest. Pre-School staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and the setting. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in pre-school. Prior to starting, we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the child's 'All about me' record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the

parent/carer. A written record is kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes; The time a child is put down to sleep, when they wake and ten-minute monitoring checks are recorded by staff. This information is available to parents/ carers at all times and will be checked periodically by the Pre-School Manager/ Deputy Manager. Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought e.g. Children going to sleep with bottles. We will not carry out requests of parents/carers if they feel that it could put the child in any danger. Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. Staff will consider the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid over-heating
- Keeping all spaces around the child clear from objects that may fall and away from children's play.
- Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.
- Transferring any child who falls asleep while being cuddled by a practitioner to a safe sleeping surface to complete their rest.
- If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.
- Staff will encourage children to sleep in designated areas or quiet areas.
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#### **5. Pre-School responsibilities for supporting parents with children's sleep**

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at Pre-School. Parents will be provided with information or signposted to support such as Health visitors.

#### **6. Pre-School staff responsibilities in supporting positive self esteem**

Staff will work with the child to promote a positive self- esteem and independence with sleep as far as is appropriate and practical. Staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

#### **5. Parent/ Carer Responsibilities**

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Pre-School and as the child develops, so the child's needs can be met. This includes



information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be in a sealed bag with the child's name. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support. Parents/carers must ensure that the Pre-School always has their emergency contact details.

## **6. Unwell children**

Children who are unwell will be given the highest supervision priority and monitored constantly. The Pre-School will phone contact number 1 to request that the child be collected as soon as possible. The child's temperature will be taken regularly to avoid over-heating.