



Sleep and Rest Policy 2016-17

Sleep and Rest Policy for Moreland baby room

- Effective sleep and rest strategies are important factors in ensuring a child feels secure and safe in a child care environment. We will ensure that whilst in our care all children are provided with a high level of safety when resting or sleeping.
- Moreland defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

Parents as partners

- We consult with families about their child's individual needs
- We will discuss the sleep policy with all families when they join.

Safe resting practices for babies

- Babies will be placed on their back to rest. (If a medical condition exists that prevents a baby from being placed on their back, the alternative resting practice must be directed in writing by the baby's medical practitioner.)
- If a baby turns over during their sleep, we allow them to find their own sleeping position.
- Comforters must be age appropriate and in safe condition.
- Light bedding is used
- The rest environment, equipment and materials will be safe and free from hazards.
- Staff monitor resting and supervise the rest environment.
- Quiet experiences may be offered to children who do not require/fall asleep.

Safe resting practices for children

- If a child requests a rest then there are designated areas for the child to be inactive and calm, away from the main group of children.
- Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.
- Safe resting practices for a child who is unwell
- 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. Parents and carers will be informed and arrangements made.

Protective behaviours and practices

- Supervision of resting children
- All children who are resting will be supervised by Practitioners.
- Students or volunteers will not be left unsupervised when settling children for a rest. Colleagues observe the following:
- Colleagues will monitor the temperature, the security and environment safety.

Settling children for rest

- The techniques and strategies for settling a child/children for rest will reflect the;
- individual needs of the child or group of children
- parenting beliefs and values of families

- cultural and religious practices
- frequency of days that the child attends care
- circumstances or events happening at home
- Child's general health and wellbeing
- use of comforters or resting aids

We understand that young children settle confidently when they have formed bonds with familiar and trusted carers therefore each child's key person will settle the child whenever possible.

We follow a routine to which the child learns to recognise sleep triggers, these are;

To first ensure the child has a clean nappy, and is dressed appropriately.

Ensure they are not hungry or thirsty, but discourage to feed them to sleep, as this could create a sleep association.

Spend some quiet time with the child, often by reading a story. Ensure the child has their bedding necessary and sleep comforter (if they have one).

We will conduct regular safety checks of the resting environments, equipment and/or aids. If colleagues identify any hazards they will lodge a report as instructed in the Health and Safety Policy.

Hygiene practices

- The beds and mattresses are cleaned regularly.
- We offers flexible resting period for babies while toddlers and preschool children usually have a rest time after lunch.

Sleepwear

- Colleagues monitor the temperature of the rest environment and address children's clothing needs.
- Colleagues will ensure that children are wearing safe clothing to sleep in and will remove any cords, belts or hair accessories.

Outings

- Colleagues identify how the rest requirements of children are met during outings:

Rasheeda December 16