Charlton Mackrell C of E Primary School and Pre-school

'The one who gets wisdom loves life.' Proverbs 19:8

CHARLTON MACKRELL PRESCHOOL SLEEP POLICY

This policy applies to all staff, including senior managers, paid staff, volunteers and sessional workers, agency staff, students or anyone else working on behalf of Charltons Preschool

Charltons preschool ensures that all children receive the rest, sleep that they need during the preschool day, and regard it to be a highly important part of their personal and developmental needs

At Charltons Preschool we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

The purpose of this policy is:

- To make parents and staff aware of our approach to sleep and rest opportunities at preschool and to ensure that all children get all the sleep they need whilst in our care.

Charltons Preschool recognises that:

- The welfare of the child is paramount;
- It is very important for young children to get all the sleep they need;
- Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised;
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to preschool and during rest and sleep times.

In order to achieve the aim of this policy we adhere to the following:

Preschool

- All preschool children also have the opportunity to relax or sit quietly at any times of day in the preschool book corner, which contains a large rug and lots of cushions.

Quiet room for sleeping

- The quiet room is available for children to sleep in. Staff will ensure the room is suitable for sleeping in and children will be checked every 15 minutes, information is recorded on specific sleeping record sheets.
- Staff will ensure the quiet room is between 16-20 degrees centigrade.

Comforters and comfort blankets

- The preschool will not provide dummies for children nor introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.
- If parents do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.
- Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Staff

- Staff are fully aware of the fact that children need rest and sleep and appreciate that children have individual needs and routines, which vary as they grow and develop.
- Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day.

Parent's wishes

- The preferences and wishes of parents are always valued. Staff work closely with parents to ensure each child's individual needs are carefully met.
- Parents may not wish their child to nap at preschool.
- Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be taken into account, provided these wishes are in the child's best interests.

Sleep Records

- Records sheets are completed each day to record how long each child has slept for whilst at preschool.
- Familiar staff settle the preschool children who require a nap after lunch. A member of staff remains either in the sleep room or within earshot at all times when children are sleeping.
- The member of staff who settles the child will then take responsibility for checking the child and completing paper work every 15 minutes.
- In some cases the staff member may be called away then a changeover of staff will be recorded.
- Preschool children who do not nap can enjoy "quiet time" when they have the opportunity to engage in quieter activities such as playing board games, reading or playing with small world toys or puzzles in a smaller group.

  Provider: Alison Allen Janine Sweeting
  Date: October 2026
  Review: October 2027

Charlton Mackrell C of E Primary School and Pre-school

'The one who gets wisdom loves life.' Proverbs 19:8

Charltons Pre-school Sleeping Child Record

Childs name: _____ Date: _____

Time started: _____ Time finished: _____

Staff member: _____

Child checked every 15 minutes and comments made. Accessories removed Yes/No/NA

Charltons Pre-school Sleeping Child Record

Childs name: _____ Date: _____

Time started: _____ Time finished: _____

Staff member: _____

Child checked every 15 minutes and comments made. Accessories removed Yes/No/NA

Charltons Pre-school Sleeping Child Record

Childs name: _____ Date: _____

Time started: _____ Time finished: _____

Staff member: _____

Child checked every 15 minutes and comments made. Accessories removed Yes/No/NA

All policies and procedures of Charlton Mackrell Church of England Primary School and Preschool take into account the Ethos, Vision and Safeguarding statements which can be found on the School website.

Charlton Mackrell C of E Primary School and Pre-school

'The one who gets wisdom loves life.' Proverbs 19:8
