



VENN BOULEVARD NURSERY

SLEEP AND REST POLICY

Reviewed By	Approved By	Date of Approval	Version Approved
Claire Goodaire	Venn Academy	Sept 2021	1.1
Gill Bringham	Venn Academy	Sept 2023	1.2

Policy Statement

To ensure that all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

Procedures

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at Nursery. As they grow they will usually develop a routine which will reduce the length or frequency of their daytime sleeps. A child's individual routine sheet is completed with the parents/carers by their Keyworker before they settle into the Nursery.

Children at the Venn Boulevard Nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff have created an environment for the children to rest or sleep.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep or keep a child awake against their will.

Sleep Monitoring

All sleeping children must be checked on at ten-minute intervals. Staff who are working in the room are all responsible for checking the children.

Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath.
- Ensuring each child is well.
- Ensuring that each child is not too hot or too cold.
- Ensuring all sheets and blankets are not wrapped around the child.

The sleep monitoring chart is used to record the checks and is signed by a member of staff. A record of each child's sleep pattern is recorded and shared with the parents/carers on collection.

All staff follow the NHS safer sleep advice.

Written by: Claire Goodaire & Gill Bringham

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