



# Hulme Hall Pre-School

## Sleep and Rest Policy

Sleep and rest times are key times in the day for being close and promoting security.

We ask parents to complete 'An All About me' when their child joins the setting, this includes their child's sleeping routine. They will let their child's key person know if they require a sleep and for how long. These are reviewed and updated at timely intervals

We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. **However, staff will not force a child to sleep or keep them awake against his or her will.**

We provide a safe sleeping environment by:

- Children sleep in a separate room which is made quiet, with soft music playing and blinds drawn.
- We monitor the room temperature
- Children sleep on rest mats and can have their own personalised bedding from home or use the school bedding. Bedding is regularly washed.
- Children have a bag to store clothes, shoes and a special toy, book or comforter for sleep. This is labelled with a photo so they can identify their bag (if used).
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- We keep all spaces around rest mats clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Children are settled by key staff and comforted to sleep. Key staff may gently stroke or pat children.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Sleeping children are regularly checked every **ten minutes** and are within sight and/or hearing of staff.

### Further guidance

[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

**Review Date: September 2024**