



Procedure for sleeping arrangements

During your child's time at preschool, there may be times when they may require a rest or to have a sleep to recharge their batteries.

We actively promote healthy and safe practices in supporting our children to sleep and rest should they require it.

Supporting children's sleep is the responsibility of all staff who have been DBS checked and employed using the setting safer recruitment process.

- We will ensure all children's individual needs are identified and met.
- The children's right to health, safety and wellbeing will be met at all times.
- Our families cultural preferences are considered.
- Sleeping and resting in nursery is promoted as a positive experience, and both the child and the family will be made to feel supported throughout.
- Communication between the Nursery and our parents and carers is encouraged and this starts prior to child starting nursery so information is shared and routines established and agreed, to enable families and children to feel secure.
- We aim to achieve consistency of care as far as possible.

Parents and carers can be provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required. So please speak to a member of staff if you have any worries or concerns, about your child's sleeping routines at home.

Further information about Children's sleep can be found at the JustOneNorfolk website <https://www.justonenorfolk.nhs.uk/child-development-additional-needs/behaviour-sleep/childrens-sleep/>

Advice can also be sought from our Norfolk Family hubs www.norfolk.gov.uk/familyhubs where you can find information, support and advice on **Parenting, Pregnancy, Money & Work, Learning, Days Out and Activities.**

Rest places

We have various rest sites for children to access, depending on their needs and preferences, what's important is; if your child is tired- they have somewhere safe to rest or sleep.

We have a sleep nest with various blankets for children to choose from

We have a sleeping area under the wicker owl for children to sleep or rest in



If your child has a particular pushchair or buggy that they like to rest in, we can accommodate this. However, we ask that the buggy is in good condition and has the appropriate straps in order that your child will be safe whilst resting.

If a child requires a sleep or rest because they are feeling unwell, we will make contact with the parent/ carer and request that the child is collected and taken home. This will enable you to make the right decisions about their care, administer appropriate medication or seek advice from a health professional as required.

Supervising sleeping children

Whilst your child is resting or sleeping, we will be monitoring them regularly, we will make frequent checks every approx. 10 mins, to make sure that they are comfortable and remain asleep.

We will create a safe area for your child to rest or sleep in, away from the other children playing, so that they are not unnecessarily disturbed.

We have a retractable gate which can be pulled across, which prevents the playing children from encroaching on the resting child's quiet space. Which will enable the sleeping child to rest uninterrupted.

The preschool day is a busy one and if your child needs a sleep, we will support them to settle down and relax into slumber.

The United Nations convention on the rights of the child, states that children have a right to rest, play and relax (31)

Further information about all the rights for our children can be found at

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child>

Please note

Whilst we appreciate that should your child need a sleep at preschool, this could interfere in their bedtime routines at home. We also respect that should your child require a sleep or rest, it is because they are feeling tired, possibly unwell or needing to rest or relax.

If you have any concerns or worries about rest time or sleep time for your child, or wish to discuss or agree sleep patterns, please speak to a member of staff.