

## **Sleep and Rest Policy**

We recognise the impact that lack of sleep/ rest can have on children's physical and emotional well being. The preschool day alone, can make young children tired and therefore it is important that we have provision in place to enable them to sleep or rest when required.

If a child becomes tired during a session at the Little Explorers Preschool, we have clean bedding and beds which can be used. These beds are low to the ground to prevent children falling off and hurting themselves. Bedding is lightweight to prevent suffocation and is placed in the washing machine after use so it may be cleaned ready for the next person.

When a separate room is not available, part of room two can be sectioned off using net for privacy.

Staff always remain within earshot of sleeping children and they are also checked visually every 5-10 minutes.

We respect parental wishes with regards to their child's sleep, however the child's well being is always paramount. Parents are always informed of any sleep their child may have had.

A sofa with cushions is also available in room 2 for rest periods.

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the preschool and during rest and sleep times.  
PLEASE NAME THEM.

Dummies may be used however these are usually restricted to sleep and rest times. They are not encouraged in the play rooms for they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Adopted: Sept 2016

Reviewed: