**Health**

**Sleep and rest times.**

**Policy statement**

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep.

**Procedures**

**Children over 2 years old**

* Children sleep on rest mats and have their own personalised bedding.
* Nappies are changed and heavier clothing removed.
* Hair accessories that may come lose or detach are removed before sleep/rest time.
* A separate area is made quiet.
* Children are settled by a member of staff and comforted to sleep. Staff may gently stroke or pat children if required.
* 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 at least every ten minutes and a member of staff is always present.

**Authorisation & Review**

|  |  |  |
| --- | --- | --- |
| This policy was adopted at a meeting of | Wroughton Pre-school |  |
| Held on |  |  |
| Date to be reviewed | Yearly at AGM |  |
| Signed on behalf of the management committee |  | |
| Name of signatory |  | |
| Role of signatory (e.g. chair/owner) | Chairperson | |