

## SLEEP POLICY

### Rationale

In early childhood (from one to five years) children continue to need a sleep cycle that is comprised of multiple naps during the day and an extended period of sleep at night. According to the NHS, young children need on **average ten to 12 hours of sleep**, including an hour nap.

At Forfar ELCC we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire. This policy has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep in the nursery.

This guidance will help providers and staff to take into account the relevant **Health and Social Care Standards:**

1.19 My care and support meets my needs and is right for me.

3.9 I experience warmth, kindness and compassion in how I am supported and cared for, including physical comfort when appropriate for me and the person supporting and caring for me.

4.11 I experience high quality care and support based on relevant evidence, guidance and best practice.

5.18 My environment is relaxed, welcoming, peaceful and free from avoidable and intrusive noise and smells.

**This guidance will help providers and staff to take into account the relevant Quality Indicators from How Good is our Early Learning and Childcare:** [https://education.gov.scot/nih/Documents/Frameworks\\_SelfEvaluation/FRWK1\\_NIHeditSelf-evaluationHGIELC/HGIOELC020316Revised.pdf](https://education.gov.scot/nih/Documents/Frameworks_SelfEvaluation/FRWK1_NIHeditSelf-evaluationHGIELC/HGIOELC020316Revised.pdf)

2.4 Personalised support

3.1 Ensuring wellbeing, equality and inclusion

**This policy will be monitored by / through:** annual review of policy

This policy will be reviewed in:	12 months
Review Date:	August 2023
Reviewed By:	Management

AIMS	OUTCOMES	IMPLEMENTATION
<ul style="list-style-type: none"> <li>• Ensure that all children get all the sleep and rest they need whilst in our care.</li> <li>• Parents' and carers' wishes are respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised.</li> </ul>	<ul style="list-style-type: none"> <li>• The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.</li> <li>• All children receive the rest and sleep that they need during the nursery day and we regard it to be a highly important part of their personal and developmental needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow guidance in Health &amp; Social Care Standards 1.19, 3.9, 4.11 and 5.18: <a href="#">Health and Social Care Standards (2017)</a></li> <li>• How Good is Our Early Learning and Childcare Quality Indicators – 2.4 and 3.1</li> <li>• We provide a safe sleeping environment.</li> <li>• There are quiet rest areas with soft furnishing where children can go if they wish to rest and relax at any time of the day.</li> <li>• Staff are fully aware of the fact that children need rest and sleep.</li> <li>• Staff appreciate that children have individual needs and routines which vary as they grow and develop.</li> <li>• All sleeping children must be checked at regular intervals. Staff who are working in the room are all responsible for checking the children.</li> <li>• Records sheets are completed each day to record how long each child has slept for whilst at nursery.</li> </ul>