

Written February 2022

SLEEP POLICY

At Humming Bees Day Nursery, 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 therefore we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

Humming Bees Day Nursery recognises that:

- The welfare of the child is paramount
- It is particularly important for young children to get all the sleep they need
- Parents' and carers' wishes should be respected about their children's sleep requirements, provided that the child's welfare is not compromised
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to the nursery and during rest and sleep times

To achieve the aim of this policy we adhere to the following:

REST AREAS

- Within all rooms at the nursery there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

COMFORTERS AND COMFORT BLANKETS

- The nursery shall not provide dummies for children, nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.
- If parents do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.
- Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interactions with others, damage teeth and are a major cause of speech delay.

DUMMY USE

The Lullaby Trust, a charity dedicated to promoting infant health, gives the following advice in relation to dummies

- If you choose to use a dummy, wait until breastfeeding is well established (at up to about 4 weeks old).
- Stop giving a dummy to your baby to go to sleep between 6 and 12 months.
- Don't force your baby to take a dummy or put it back in if your baby spits it out. Don't use a neck cord.
- Don't put anything sweet on the dummy, and don't offer during awake time.
- Using an orthodontic dummy is best as it adapts to your baby's mouth shape.
- If you choose to use a dummy make sure it is part of your baby's regular sleep routine.

The States of Guernsey Children and Family Community Services have a helpful leaflet with information and advice about dummy use that can be found on their website.

STAFF

- Staff are fully aware of the fact that children need rest and sleep
- Staff appreciate that children have individual needs and routines which vary as they grow and develop.
- Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a nap or a rest after lunch each day

PARENT'S WISHES

- 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.
- Some parents prefer their children to only have a short sleep, fearing that a longer sleep will infringe on their child's night-time sleep. Any parent's wishes will be taken into account provided that these wishes are in the child's best interests

RECORDS

- Record logs are completed each day to record how long each child has slept for whilst at nursery. These will be shared with the parents/carers via the FAMILY app.

TODDLERS

- Our toddlers (Children aged between 18 months and 3 years) have a separate quiet area which is used for peaceful activities and afternoon naps. This cosy corner contains lots of cushions, soft toys, and blankets.
- Our toddlers are encouraged to sleep after lunch, but the facilities are available for them to sleep at other times of the day if needed in the Cosy Corner.
- If a child is taken to sleep after lunch but does not fall asleep within 20 minutes, they will be asked whether they would like to join those children who are playing in a different room, rather than remain in the toddler room whilst it is in "rest mode".
- Some toddlers who are out of nappies need a sleep nappy during sleep time and our staff ensure any such children are changed into their sleep nappy prior to being settled for a nap.
- Familiar staff settle the toddlers (and any preschool children who require a nap after lunch) down for their naps. A member of staff always remains in the room as per the child ratios.
- Toddlers who do not need (or whose parents do not wish them to) nap after lunch enjoy a "quiet game" where they can engage in quieter activities such as board games, reading, or playing with small world toys or puzzles in a smaller group.

PRE SCHOOL

- Our preschool children can come down to the toddler room for a sleep after lunch if this is still needed.
- All preschool children also can sleep, relax, or sit quietly at any times of day in the preschool book corner, which contains a large comfortable rug, cushions, soft toys, blankets, and books.

The importance of rest and sleep

Humming Bees Day Nursery ensures that all children receive the rest and sleep that they need during the nursery day and regard it to be an incredibly important part of their personal and developmental needs.