

## **Sleep & Quiet Time Policy**

Grafton Childcare must promote the good health of children attending the setting. We must have a procedure, shared or discussed with parents and/or carers, for responding to children who are ill or infectious, take necessary steps to prevent the spread of infection, and take appropriate action if children are ill.

Grafton Childcare must ensure that the premises, including overall floor space and outdoor spaces, are fit for purpose and suitable for the age of children cared for and the activities provided on the premises must comply with requirements of health and safety legislation (including fire safety and hygiene requirements).

The premises and equipment must be organised in a way that meets the needs of the children. Sleeping children must be frequently checked. Grafton Childcare must ensure that children in a baby room have contact with older children and are moved into the older age group when appropriate.

Grafton Childcare must make the details of the our policies and procedures information available to parents and/or carers.

This policy supports the safeguarding, welfare, safety and suitability of premises, environment and equipment requirements of the Early Years Foundation Stage (EYFS) 2016, **Health 3.44, Safety 3.54, Premises 3.59, Information for Parents 3.73**

It should be considered in line with our policy on Working in Partnership with Parents and Carers and other policies where we may have identified and determined where it is helpful to make some written notes in relation to specific issues, to inform staff practice, and to demonstrate how we are managing sleeps and quiet times if asked by parents and or carers, other early years workers or inspectors for example via Grafton Childcare's Parental Handbook.

All under 2's and most 2 year olds will need to rest, nap or sleep at some point during the day. Sleep and rest are essential to young children's wellbeing. If there is a lack of sleep young children are more likely to have behaviour issues and tantrums. Regular sleep helps develop the immune system and is linked to brain development. Storing and processing information is usually done while asleep so there is a direct link between sleeping well and learning and development. Sleep is also needed to regulate hormones, which is why the lack of sleep is linked to obesity in children.

### **How much sleep is enough for our babies?**

Our babies nap at varying times and their individual schedules will be accommodated where reasonably practical to do so in a childcare setting. Somewhere between 12-18 months, children usually drop down to one nap per day. Although if a child falls asleep

## **Sleep & Quiet Time Policy**

naturally, we will not wake them as we believe that sleep and rest are essential to young children's wellbeing.

### **How much sleep is enough for our two year olds?**

This can vary but most children between 24-36 months need between 11-13 hours within every 24 hours when they are asleep or napping. Adults and Key Workers need to look for signs of not enough sleep, these can include:-

- regularly having less hours than recommended;
- irritable;
- generally unhappy;
- regular tantrums;
- difficulty waking in the mornings;
- not refreshed after a sleep;
- frequent colds/infections;
- lack of concentration

### **Parents**

Sleep is very important to our growing babies and 2 year olds. Grafton Childcare is happy to support you in getting your child into a good bedtime routine at a reasonable time and getting your child to stay in their own beds. We can link you with your local health visitor teams, and suggest websites, we also have some leaflets and books available on this topic which can support parents.

Some parents may ask us not to let their child nap however the child's well-being overrides parent's wishes, we will not keep a child awake against the child's wishes. We have put together this sleep policy to help explain to parents how important sleep is and how and why we see regular sleep as part of children's learning and development needs, both at home and whilst here at Grafton Childcare.

### **Helping 2 year olds sleep at Grafton Childcare**

Some children who are over tired will struggle to nap and rest. Your child's Key Worker will try different strategies and routines to support these children. The adult's role is crucial to support the young child to rest as they often do not have the maturity to understand they are tired and this may mean short term one to one support to help some children rest.

## Sleep & Quiet Time Policy

When tired 2 year olds can't rest or sleep the outcomes can be a huge change in behaviour and ability to learn. Here at Grafton Childcare we try to create a relaxed environment for sleep by:-

- putting in place a regular routine;
- a darkened room;
- calm;
- still and quiet spaces;
- no sudden noises/distractions;
- a cover e.g. clean sheets/blankets;
- comforter e.g. soft toy or taggy;
- cots, sleep mats and sofas used regularly in the same places;

Regular timing is important so we try to ensure that babies have regular naps just after morning snacks before lunch and after lunch if still required. We try to organise afternoon naps for those babies and two year olds who still require a nap, just after our regular afternoon **Kindy Rock** gross motor activity music and movement sessions.

Rest time gives everyone a much-needed break during the day, also we can't perform at our best if we are expected to work 12 hours (i.e. 7.00 am – 7.00 pm) without a break. Without rest time, some children are argumentative in the afternoon, short-tempered with others, and not real happy when they go home in the evening. We use these periods to write up your child's Daily Diaries, Communication Booklets and update Learning Journals etc.

Your child's key worker will try to avoid rocking or stroking a child to sleep on a long term daily basis. Sleep and the way of getting to sleep for humans is based on habit. Best practice is to work with parents to help your child to fall asleep without any sleep aids.

This is because in the normal sleep cycle there are times when the child will awake slightly and if they are used to a sleep aid that is not present they are more likely to awake fully and be uncomfortable, cry etc. and this can lead to some children waking several times a night. By 24 months children can sleep unaided especially if offered the environment described above and regular adult support to sleep.

There are many websites that give support to parents and sleep routines and health visitor teams can help if difficulties persist. Working in partnership with parents includes your child's Key Worker sharing their experiences and expertise with parents.

## Sleep & Quiet Time Policy

Building a close relationship with parents right from the start can help with any differences of opinion which may arise.

Here at Grafton Childcare we are also mindful that sleep opportunities also need to be available throughout the day when a child may need an unexpected nap. If a child is tired at any time during the day there needs to be the opportunity to rest and sleep your child's Key Worker can facilitate this as Grafton Childcare is based in a domestic dwelling the sleep environment available for your child is more like what your child may be used to in their own home such as:-

- the babies and younger 2 year olds sleep upstairs;
- in individual travel cots;
- in our bedrooms;
- with freshly laundered sheets and blankets;
- monitored closely by their key Worker and by all staff via our CCTV system;

At Grafton Childcare your child on occasion may fall asleep in a pushchair when we pop out on trips in our locality. However we are not permitted to use buggies and pushchairs within the setting 'itself' for children to sleep. This is because they pose a significant obstruction to our emergency exit routes and are not recommended by our Health Visitors and Early Years Advisors as a suitable place in which to place children under 2 years of age to sleep safely during the day because of the risks of potential Sudden Infant Deaths.

The older 2 year olds sleep downstairs and those babies and children who may fall asleep naturally will be accommodated by:-

- being placed in our cosy corner in the playroom;
- or encouraged to sleep upon our comfy sofa in the lounge;
- or made comfortable and safe where they have naturally fallen asleep.

Please ask to view a copy of our 'A Parent's Guide to Sleeping' one of our information factsheets which can help to explain in more detail the reasons behind why some children struggle with sleeping and the best ways to deal with it.