

St Paul's CE (VC) First School

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Sleeping Children Policy

September 2023

Sleeping Child Policy

Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS) 2023:

'Children learn best when they are healthy, safe and secure, when their individual needs are met, and when they have positive relationships with the adults caring for them. The safeguarding and welfare requirements, specified in this section, are designed to help providers create high quality settings which are welcoming, safe and stimulating, and where children are able to enjoy learning and grow in confidence.

Providers must take all necessary steps to keep children safe and well. The requirements in this section explain what early years providers must do to: safeguard children; ensure the suitability of adults who have contact with children; promote good health; manage behaviour; and maintain records, policies and procedures.

Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance.'

Policy statement:

St Paul's First School and Kids Club, our Out of School Club, will work with children and parents to ensure the rights and safety of children and to give them the very best start in life. It is our policy that children may sleep as they require - to meet their personal needs.

- We ask parents to complete sheets on their child's sleeping routine when the child starts at Nursery, and these are reviewed and updated at timely intervals.
- At parents' request, we will encourage a child to sleep during the day at particular times.
- A specific sleeping area with portable sleeping mats, is provided at St Paul's First School, in a quiet area, daily for children to access as required - with clean sheets and blankets (these are cleaned after each use, by the class teacher and teaching assistant).
- We will endeavour to follow your child's timetable, and, in the case of younger Nursery children, we will try to implement the routine they have at home.

- If a child falls asleep in the classroom, they will be transferred to the sleeping area by a member of staff who will gently lift them and carry them to the sleeping area. Parents will complete a care plan with the school staff where specific arrangements for moving the child to the sleeping area will be covered.
- Once a child is asleep, staff will ensure they are safe and comfortable - children will be monitored regularly (see sleeping records).
- Staff members will conduct physical checks on sleeping children to ensure they are breathing normally, have not been sick and they are not too hot or cold.
- A sleeping child must be frequently checked. Children will be checked at least every 10 minutes - this is recorded on a 'Sleeping Child Record' - together with times/date/child's name and signature of member of staff checking the child.
- When a child has a sleep, this information is to be shared with parents/carers daily.
- Outdoor clothing (shoes / coats) will be removed so that children are comfortable.
- Clean bedding is provided for children as and when required. Each child has a clean sheet and blanket which are then washed after use.
- We don't encourage the use of bottles and beakers in a lying down position as there is a health risk.
- Children will be encouraged to snuggle with comfort objects if required. Staff members will ensure that they kept away from their faces during their sleep time.
- A staff member is always in the room with the child and in close proximity to the quiet sleeping area.
- Children will be encouraged to wake after an hour of sleep (this depends on individual children and their sleeping needs).
- Children who are feeling unwell and have fallen asleep will have a member of staff with them at all times, until their parent/carer arrives to collect them from the setting.
- The bedding will be stored in the new changing storage cupboard in the Nursery classroom.
- The rest/sleep areas are in the following locations:
 - Nursery and Reception: the indoor book corner, as books can be moved to other areas of the classroom, and both classrooms have an outdoor Reading garden as well.
- Kids Club: in the cosy corner by the sofa.
- Laundry arrangements for bedding are: staff in Early Years to wash bedding as required using school-bought non-bio washing powder.

