

Rest and Well-being Policy

September 2018

We understand the need for young children and babies to have the opportunity to sleep and rest in quiet areas throughout the day to aid physical and emotional well-being and development.

- Quiet areas are provided to enable individual sleep patterns to be facilitated.
- A range of cots, dream coracles and floor mattresses are available for children of different ages and needs
- Children have access to comfortable spaces away from the main activity area for relaxation and quiet activity as required.
- Communication with parents and carers regarding home routines and sleep strategies are discussed during the settling in period.
- Sleeping children are checked on every ten minutes and with the door to the sleep room left open when no adults are in the baby room. Once checked the practitioner must then sign and time the sleep record.
- Each child has their own bedding in a named basket when not in use; this is washed weekly in line with recommendations or more regularly if needed.

The underneath bullet points have been written with advice from FSID (Foundation for the Study of Infant Deaths)

- Babies must be laid on their backs when they are put to bed with their feet at the foot of the cot.
- Only light blankets that reach no further than babies' shoulders will be used.
- Fluffy blankets, pillows, or stuffed toys are not used as this will prevent rebreathing.

Policy Status and Review

Written by:	EYFS Lead
Owner:	Principal
Review date:	September 2019