

Rest and Well-being Policy

January 2021

We understand the need for young children to have the opportunity to 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 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 the door to the sleep room is left open when no adults are in the Hedgehog Room. Once checked the practitioner must then sign and time the sleep record. A baby monitor is also used to enable practitioners to hear babies as soon as they awaken.
- Each child has their own bedding in a named basket; 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.
- We aim to keep the sleep room temperature between 16 – 20 degrees.

Policy Status and Review

Written by:	EYFS Lead
Owner:	Executive Principal
Review date:	September 2023