



# **BROOK HOUSE NURSERY**

## **QUIET PERIODS POLICY/ SLEEP SAFETY**

We believe that rest times are very important for our children as it helps for the brain to develop.

At Brook House all children under the age of 3 have rest/nap time. This is very important, not only for their brain development, but also for their learning at the setting.

Around 12:30/01:00 pm all the babies and toddlers have a sleep for about two to two and half hours. Older children can join in if they feel tired or simply if they wish to. We also try to encourage children to have a nap if their parents ask us to. Babies can also have a morning nap at around 9am.

After lunch babies and toddlers' nappies are changed if required, faces and hands washed, dribble bibs, thick jumpers, hoodies are being taken off. Before sleep time the staff carries out a visual risk assessment of the sleep room to remove any hazards. Broken mats and ripped sheets/blankets are not being used. There's a suitable temperature in the room.

Two of the rooms in our nursery are prepared for the sleep time. Curtains/blinds are drawn, mattresses are placed on the floor. Each child has his/her own sheet and a blanket which is kept in a canvas bag to prevent cross infections or problems such as conjunctivitis. Sheets and blankets are washed regularly. Children are allowed to sleep with their comforting toys, which are ready for them for nap time. Members of staff supervise the children at nap time, we also have baby cameras. Sleep checks - staff carry out sleep checks every 10/15 minutes and check if the children are breathing, lips and cheeks are pink and faces are not covered by blankets. The mats are being cleaned regularly by the cleaner.

If the pushchairs are being used for sleep time they must lay flat, children strapped for safety. We gradually move children to a cot or a mat.

Older children stay in their room doing quiet activities such as listening to stories, story tapes or watching a short video.

After a nap children have time to carry on resting. They are never expected to join in an activity straight away as they may not immediately feel ready to do so. They are encouraged to use a toilet as they usually need it. .

After tea time children listen to stories, play with construction toys or draw pictures.

If any of the children says that he/she is tired at times other than rest/nap times, he/she is always encouraged either to have a lie down in the book corner on the cushions or take part in a quiet activity.

Reducing nap time- Every child is different, but most children drop their afternoon nap sometime between the ages of 3 and 5. There are plenty of signs to look for that your child is ready to stop napping, such as not sleeping during nap time, having trouble falling asleep at night time, and waking up earlier than usual.

As children get older, we work with the parents to gradually reduce the length of the nap, where it is considered that it is appropriate for their development. As a guide, the minimum duration of a nap is 45 minutes.

We follow NHS and The Lullaby Trust advices:

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

<https://www.lullabytrust.org.uk/about-us/>

Policy review date	Name and signature