



Sleep Policy

Aim

We aim to ensure that all children have enough rest in accordance with how tired they appear and also to respect parents and carers wishes of regular sleep routines following a child's bio-rhythms. At Pippins Pre-school and Nursery we see sleep as an important part of a child's daily care and well-being, from the younger babies through to the pre-school aged children. We will aim to establish regular sleeping times.

How much sleep do children need?

Below are the approximate hours of sleep needed by children of different ages, as recommended by the Millpond Children's Sleep Clinic.

3 months	daytime: 4 to 5 hours	night-time: 10 to 11 hours	Total 15 hours
6 months	daytime: 3 hours	night-time: 11 hours	Total 14 hours
9 months	daytime: 2 hours 30 minutes	night-time: 11 hours	Total 13.5 hours
12 months	daytime: 2 hours 30 minutes	night-time: 11 hours	Total 13.5 hours
2 years	daytime: 1 hour 30 minutes	night-time: 11 hrs 30 minutes	Total 13 hours
3 years	daytime: 0 to 45minutes	night-time: 11 hrs 30 mins to 12 hours	Total 12.25-12.75 hrs
4 years		night-time: 11 hrs 30 minutes	Total 11.5 hours

It is normal for children to wake up during the night and this means the amount of sleep they receive is often less than anticipated. It is not advisable to wake up a sleeping child who has naturally fallen asleep - unless they have exceeded the above times, please do not ask us to do this - this will ensure a child does not suffer from sleep deprivation as they develop during their sleeping hours.

Please notify us if your child has a disturbed night.

Methods

- All Early Year Educators will receive training on our Sleep Policy and complete a Safe Sleeping course.
- As children's sleep cycles are every 45 minutes we will leave a sleeping child in their 1st cycle for a minimum of 45 minutes, if they do not wake up when stirred then the child will enter their 2nd cycle and remain asleep for 1 ½ hours unless they naturally wake up.
- Babies will either be self-soothed or rocked to sleep.
- Babies will be laid on their backs at the bottom of the cot, clean and dry. No sleep pods or bumpers will be used.
- Babies and children are welcome to bring in their own comforters or blankets. For young babies we recommend that parents/carers bring in something that smells like home as a comfort for settling in and sleep time. Where possible children will self-soothe.
- For both babies and toddlers, we use musical lullaby tunes or sing/hum familiar tunes.

- Toddlers will lay down to self-soothe for a maximum of 10 minutes, if the child has not fallen asleep after this time and does not appear tired then they will rejoin their group and access the EYFS.
- Pre-School children - lay down to self-soothe for a maximum of 10 minutes after this time the child will return to learning and accessing the Early Years Foundation Stage (EYFS).
- Sleeping children will be monitored by staff every 10 minutes by observing the chest rising up and down (a hand maybe placed on the child's chest to determined this) and/or listening to the child's breathing (it may be necessary for the Early Years Educator to put their ear over the child's mouth area).
- If a child has had a head bump and appears not to be suffering from concussion, the child will be allowed to sleep and will be observed every 5 minutes. The staff member will stir the child by firmly rubbing the child's feet or hands and observing their responses.
- Cots and sleep mats are provided with the child's individual bedding, which will be regularly laundered.
- Shoes, loose clothing, hair clips and anything that could be uncomfortable or could be a choking hazard will be removed before a child lays down for a sleep.
- A sleep log is completed showing the time, position of the child and the initials of who completed the check.
- The room temperature is also monitored by staff.
- We operate a no smoking policy within the setting.

This policy was adopted at a meeting of Pippins Pre-school and Nursery

Signed on behalf of the Management Trustee

Directors

Role of signatory (e.g. chairman etc.)



Chairman

Commenced 2008 Reviewed 08.12.2023