



At Burham Pre-school we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their pre-school session. We believe that every child's needs are different, and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

We ensure that all children receive the rest and sleep that they need during their session and regard it to be a highly important part of their personal and developmental needs.

The purpose of this policy is:

- To make parents and staff aware of our approach to sleep and rest opportunities at pre-school and to ensure that all children get all the sleep they need whilst in our care

Burham Pre-school recognises that:

- The welfare of the child is paramount;
- It is very important for young children to get all the sleep they need;
- Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised; and
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to a setting and during rest and sleep times.

In order to achieve the aim of this policy we adhere to the following:

### **Rest Areas**

Within pre-school there are 2 quiet carpeted rest areas with soft cushions (in the book area and caterpillar area) where children can go if they wish to rest and relax at any time of the day.

### **Sleeping Children**

- At Burham pre-school we do not have a separate room for children to sleep, we therefore provide a pushchair (if appropriate to a child's needs) or a soft mat in a quiet area depending on the child's needs. The views of the child are considered when deciding where they would like to nap.
- Sleeping will be discussed with all new parents to the setting to make sure they are fully aware of our procedures and we have a good understanding of their wishes and views.
- Sleeping children are monitored regularly and within sight of staff at all times.
- If children do choose to sleep within a session, parents will be informed at the end of the day.

