Sleep and rest procedure

Sleep and rest times are key times in the day for being close and promoting security.

Younger children will need to sleep but older children do not usually need to.

At St Marks Pre-school no child is made to sleep.

At St Marks Pre-school:

Children sleep on rest mats and have their own personalised bedding.

Children's clothes, shoes and a special toy, book or comforter for sleep are kept in their bag which hangs on their peg in the hallway.

Nappies are changed as necessary and heavier clothing removed.

Hair accessories that may come lose or detach are removed before sleep/rest time.

A separate area is made as quiet as possible.

Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.

If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable, they are not left to sleep in a buggy.

Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of practitioners.