**John Logie Baird ELCC**

**Rest and Sleep Policy**

**Aims**

*John Logie Baird ELCC recognises that children need enough sleep to support their development and that every child’s needs are different. We aim to ensure that all children receive the rest and sleep that they need during the day in a safe environment in accordance with good guidance practice.*

*Article 31 - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.*

**Rest Areas**

Within the setting there are quiet carpeted rest areas with soft seating where children can go if they wish to rest and relax. These are cleaned weekly. There is a cosy den area in the room for children who need a rest/nap. Each child- has their own bedding which is stored in a named, lidded box when not in use.

**Working with Parents**

The preferences and wishes of parents are always valued and respected and staff work closely with them to ensure that each child’s individual needs are carefully met. Some parents prefer their children to only have a short sleep, fearing that it infringes on their night time sleep, and this will be taken into account provided it is in the child’s best interests.

Staff will keep parents informed about their child’s sleep in the ELC, by keeping a sleep record and chatting to them when they pick up their child.

**Comforters**

Comforters are welcome as they bring reassurance to young children when they are new to nursery and during rest and sleep times. They should be clearly labelled. Parents may provide dummies however these will be restricted to sleep and rest times and times of need. They are not encouraged as they hamper a child’s speech, interaction with others and are a cause of speech delay.

**Staff**

Staff are aware of children’s need for rest and sleep. They appreciate that children have individual needs and routines which will vary as children grow and develop. Children are encouraged to say when they are tired and after lunch, a general period of calm is adapted for a small time when children can relax or nap if they need to. Quiet music may be played.

**Sudden Infant Death Syndrome**

Children’s safety is paramount. We follow guidelines from the Scottish Cot Death Trust. Reduce the Risk of cot Death, Early Years Safe Sleeping Guide.

**We will provide a safe sleeping environment by**

* Monitoring the room temperature (between 16-20)
* Using a wipeable PVC mattress, which is checked before use and then cleaned with anti-bacterial spray and blue roll after each use.
* Using clean, light bedding which is washed weekly, or more often as needed.
* If a child falls asleep while being nursed by a CCEW they will be transferred to a safe sleeping surface to complete their rest.
* Children will be checked every 10-15 minutes and temperature of the child checked by touching the back of the child’s neck.
* A sleep record sheet will be completed.
* When the child wakes up they will have the opportunity to have some time with an adult to ‘come to.’
* The child will be changed before and after sleep if required.

**References**

Infection prevention and control in childcare settings: May 2018 Health protection Scotland.

Reduce the risks of cot death early years safe sleeping guide: Scottish Cot Death Trust.

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