



Sleeping and Resting Policy

Not all children need to sleep during the day, however, if required, children are given the opportunity for quiet time with the choice to lie down and/or look at books in our cosy corner. Due to the layout of the room and the ages of children we have, we are not able to provide a separate sleeping room but we do have a cosy corner to the back of the room which is packed with comfy cushions and optional fold out beds. Bedding and coverings are washed as needed.

Toddlers, up to the age of 36 months do not have to sleep but some do choose to sit or lie quietly for a period of time. If a child does fall asleep or chooses to have a rest, we provide quiet activities for the rest of the children to enjoy, ensuring that no child has disturbances.

Pre-Schoolers up to the age of 5 years are able to function without a nap during the day, but are still encouraged to have a period of rest. Pre-School children will have a minimum of 30 minutes rest time each day where they can sit on the carpet and listen to stories. Quiet times also include completing puzzles, arts and crafts and sensory play.

Parents can communicate with staff members if they wish to discuss individual nap needs as we understand that children's nap time needs vary and continue to change as they get older. Nap arrangements can be made and it is important to continue to communicate with us as their needs change. If at any time you feel your child needs to have a nap on any given day please speak with a staff member so that arrangements can be made in advance.

Some children may find that without a nap, the day becomes too long and may start to feel irritable in the afternoon. We ensure that every child is safe before, during and after their nap. Children will be left to fall asleep and are constantly monitored by a staff member. This staff member will ensure that all children who have fallen asleep are positioned safely on their backs to prevent SIDS (Sudden Infant Death Syndrome).