



PaRK IS Policies

SLEEP

PaRK INTERNATIONAL
SCHOOL

PaRK IS | Sleep Policy – For Early Years Children

1. Introduction

All pre-school children get very tired during the day and require opportunities to rest and sleep. Every child's needs are different so PaRK IS provides flexibility and opportunities for children to take rests and naps as they need and Early Years staff ensure all children have enough sleep for them to develop.

The safety of babies and toddlers sleeping is paramount and we promote good practice and ensure that we work in partnership with the parents.

2. Sleep Procedure for Early Years Children

Early Years Children should sleep:

- In a well-ventilated room, which should be kept between 16-20 degrees Celsius
- With no duvets or bumpers to the sides of the crib
- With sheets or blankets that cannot become tangled (lightweight blankets are provided)
- Pillows are not used
- Without any large soft toys that have the potential to smother a baby
- With a comforter if they normally have one
- In a safe location and never left in direct sunlight or next to radiators

Detail of each child's individual routine is recorded in the [PaRK IS ELS Anamnesis Record](#) and discussed with the Parent/Guardian and Early Learning School (ELS) staff when they start early years and whilst they are settling into the school.

It is very important that young children get all the sleep they need and this is facilitated by the School. Staff should be aware of the individual needs of each young child. Sleep routines are a very intimate part of a young child's day. Young children should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep.

When getting a young child ready to sleep the staff need to ensure the child is/has;

- A clean nappy
- Outer clothes removed
- Fed or had a drink
- All bibs removed
- A comforter if needed
- Not too warm

Staff should prepare the young child for bedtime by moving to a quieter part of the school, having a story or having a cuddle.

If the young child has not gone to sleep after 15 minutes the staff member should consider getting them up and maybe trying them later for another sleep. The ELS teacher should discuss this with the parent and establish a time limit for trying to get the young child to sleep which should be communicated to all staff members.

If a young child falls asleep in the arms of a staff member they should be placed in the crib/bed so they can continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the young child's clothes should be carefully loosened. Staff within the area should be made aware that the young child needs their nappy changing immediately when they wake up.

The crib/bed will be cleaned and maintained. Screws and bolts should be tightened periodically to ensure that the crib/bed is safe and secure.

This policy is in alignment with the Inspired Global Sleep Policy.

Last reviewed: January 2021

Reviewers: Heads of ELS | Barbara Lancaster | Marta Pereira | Samantha Gonçalves

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