



PaRK IS Policies

SLEEP

PaRK INTERNATIONAL
SCHOOL

**PaRK IS | Sleep Policy – For Early Years Children
2023|2024**

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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 Parent/Guardian.

2. Sleep Procedure for Early Years Children

Early Years Children sleep:

- In a well-ventilated room, which is 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)
- With a comforter if they normally have one
- In a safe location and never left in direct sunlight or next to radiators
- With no pillow, unless provided and authorized by the parent due to sleep habit of that child
- Without any large soft toys, unless provided and authorized by the parent due to sleep habit of that child

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 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 ensure the child is/has:

- A clean nappy
- Outer clothes removed
- Fed or had a drink
- Bibs removed
- A comforter if needed
- Not too warm
- No food in their mouth

Staff 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 considers getting them up for a short moment to calm then and trying to lay them down again. The ELS teacher will discuss disruptive sleep with the Parent/Guardian to establish a time limit for trying to get the young child to sleep which will be communicated to staff members.

If a young child falls asleep in the arms of a staff member they will be placed in the crib/bed to 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 on duty are made aware that the young child needs their nappy changed immediately when they wake up.

The crib/bed is cleaned and maintained. Screws and bolts are 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: July 2023

Reviewers: Heads of ELS | Heads of School

Next review date: July 2024



An **inspired** school

Embracing **Individuality**. Preparing **Leaders**.