



MAYVILLE
HIGH SCHOOL
Founded in 1897

Early Years Sleep Policy

The sleep policy aims to provide a clear framework to ensure the health, safety and well-being of all children who require support to sleep or rest whilst at nursery.

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

At Mayville High School, we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- That anyone who supports a child sleeping or resting in Nursery is an employee of the nursery or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.
- Children's individual needs are identified and met.
- Children's right to health, safety and well-being are met.
- Family's cultural preferences are considered.
- Sleeping and resting in Nursery is a positive experience and both the child and the family feel supported throughout.
- Communication between the Nursery and the family is promoted and this starts prior to the child starting nursery. This ensures information is shared and routines established, therefore ensuring consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.
- That suitable facilities and equipment are provided as well as designated places for sleep and rest.

The room leader and key person will work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Nursery. Staff will provide a positive climate to encourage parents to share information openly about the child's developing sleep needs or if a child is having difficulty with sleeping at home, which may impact their daily wellbeing in nursery. Prior to starting Nursery we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the All about me sheet during settling-in sessions. It is recognised that comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times. The use of dummies is only encouraged for sleeping and staff will work with parents to do this at home also. Dummies will be stored in a named pot or in the child's sleep basket or bag.

Throughout the child's time in Nursery, staff will continue to discuss and update the child's routine with the parent/carer in line with the child's development. The needs of the child will always take priority and if a child is struggling to stay awake, the staff will phone parents to discuss how long to let them sleep for.

Written records are kept of all support for sleeping and sleeping children will be monitored by a member of staff who remains in the room. In the event that a staff member is needed back into the nursery rooms

to maintain ratios, a monitor will be used and staff will return every 10 minutes to check the children. Staff record the time a child is put down to sleep, when they wake and ten-minute monitoring checks. Sleep times are added to individual care diaries on Tapestry so parents have a daily record.

Staff will always try to take into account parents' wishes when dealing with sleeping children. However, unreasonable requests by parents/carers will be discussed with the Nursery Manager and alternatives sought. We are unable to carry out requests of parents/carers if it is felt that it could put the child in any danger. e.g. leaving a child to sleep with a bottle as this provides danger of choking and also does not promote good dental health.

Staff will encourage children to sleep in the designated sleep area (The Blue Room). Mayville High School promotes the use of sleep mats for sleeping for children; however, we aim to meet parental choice if they wish their child to sleep in a buggy. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them. Staff will not leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. Staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

To support children who need to sleep, Mayville High School will ensure:

- A designated sleep area
- Sleep mats and buggies, if the parent requests this for the child to sleep
- Provision of bedding – fitted sheets and cellular blankets
- Sheets and blankets are removed and placed in named baskets after each use to ensure they are only used by the same child. Sheets and blankets are washed weekly, after the child's last session in non-biological washing detergent. In the event that a child has an allergy to washing detergent, parents will be asked to supply their own bedding.
- Torn or ripped bedding or sleep mats are removed immediately and replaced.
- Buggies and sleep mats are cleaned with antibacterial wipes once a child has been removed.
- Quiet areas where children can rest if they fall asleep in Kestrels
- Children who are unwell will be given the highest supervision priority and monitored constantly.

Staff will work with the child to promote a positive self-esteem and independence with sleep as far as is appropriate and practical. Staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep, being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following the routine, helping and cooperating and being independent in getting ready for sleep or on rising

Lower One

If a pupil falls asleep in the classroom during the day, staff will aim to make them comfortable and safe without disturbing them. Children will not be left unattended and will be woken after 30 minutes or sooner based on parents'/carers' requests. If the teacher feels the pupil has fallen asleep due to illness, parents/carers will be telephoned.

Supporting parents with children's sleep

For some parents/carers and families, developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery. Parents will be provided with

information or signposted to support, such as Health visitors.

Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regard to sleep for their child on entry to Nursery and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

Parents/carers should work with their child's Key Person towards a shared and if necessary agree a sleep plan which is recorded for consistency and to support the child.