

Severn Beach Preschool.

REST AND SLEEP POLICY

Children can get very tired during the busy hustle and bustle of a preschool day and need to have opportunities to rest and sleep within this time if needed. Every child is different so we provide flexibility and opportunities for children to take rests and naps as they need. It is very important that young children get all the sleep they need and so we facilitate this in ways to suit each individual.

Comforters and comfort blankets

Comfort blankets and soft toys are welcome as they give comfort and reassurance to small children especially when they are new to preschool. Parents may wish to provide dummies for their children as they also provide comfort during times of upset or nap times, however the preschool does not provide, supply or ever introduce them to children themselves.

Rest areas

We do have a sofa where children can go if they wish to rest and relax. We also have soft mats which the children can lie on and nap on if needed. We do not provide cots and a specific sleep room as none of our children are under 2.

Staff are fully aware of the fact that children need to rest and nap. They appreciate that children have individual needs and routines which vary as they grow and develop.

Parent's Wishes

The preferences and wishes of parents are always valued and respected and staff work closely with them to ensure each child's individual needs are carefully met. Some parents prefer their children not to nap so we respect and honour these wishes.

Mindfulness

We have a period of 30 minutes each day, at around 1pm, when the children are given the time and quietness to be able to reset their emotions and just have time to be still and rest. We find this to be very beneficial for all children and it also gives them the skills to rest and be quiet for short periods of time. Children currently live in a world full of stimuli and this quiet time gives the opportunity of relaxation. We dim the lights, put on classical music and the children lie on soft mats. Some do drift off to sleep and that is fine. Staff sit with the children during this time.

Those children who are not allowed to sleep or who find this too difficult or have just arrived go to the small room to play.

Safe Sleeping

The children who are napping after quiet time remain on the mats they fell asleep on. They are supervised during this time and never left alone.

All children are woken by 2pm although most have woken up before then.