Rest Time Policy

1. To provide each child with the opportunity to have a rest during the day.
2. To ensure that each child is able to rest comfortably taking into account cultural and home practices.

Rest Time Procedure

- All children are encouraged to have a short rest during the day during rest time, no child will be forced to sleep.
- Bed linen must be stored in a bed bag clearly labelled with the child’s name. If the parents choose not to purchase linen, they will be required to provide a standard size pillow case, clearly labelled in which children’s clean linen is stored.
- After a set rest period children who are not sleeping will be able to do quite activities during rest time.
- The program is planned to provide equal opportunities for vigorous play with opportunities for rest periods to encourage children’s overall growth.
- Parents wishes regarding sleep length and requirements will be followed (ensuring it is developmentally appropriate).
- Information including each child’s eating and sleeping habits are recorded on the daily information sheets.
- Soft background music or a story can be played during rest time.
- A staff member will always be on duty when children are resting or sleeping.
- Baby monitors will be in operation in the cot room whilst children are sleeping.
- Nursery staff are to complete sleep checks every 10 minutes for children in the cots and these to be recorded on a sleep check chart daily.
- No child will share linen and bed linen is changed and sent home to be laundered on a regular basis (see Bed Linen and Laundry policies).

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