**Tring Stepping Stones Preschool**

**Sleep and rest time**

The standard Pre-school session is for 3 hours each morning so we do not have a separate sleeping area for the children if they want to have a sleep.  However, if a child is tired and needs to rest or sleep then they are encouraged to do so in the book corner which is a soft, quiet area where they can fall asleep.  If a child does fall asleep, they are always kept within sight or hearing of a staff member and are checked regularly, at least every 10 minutes, by their key worker or a nominated member of staff in the key workers absence. If a child remains asleep after 20 minutes a courtesy call is made to their parents to check that they are ok with them sleeping in pre-school.  If the parent wishes to collect their child from pre-school they may do so, if the child remains with pre-school the checks continue until the child is collected.

If a child is attending our Lunch Club until 2.15pm (from September 2023) we will provide a separate quiet, screened off area during this session where children will be able to safely rest or sleep.

We will provide rest mats and, if the children will be sleeping regularly at preschool, they will have their own bedding. Children will be able to fetch a special soft toy or comforter if they need this for sleeping. Nappies will be changed and heavier clothing will also be removed prior to sleep/rest time. Any hair accessories that may come loose or detach will also be removed.

Children will be settled by a member of staff and comforted to sleep, members of staff may gently stroke or pat children. If children fall asleep in situ (e.g. at the lunch table) it may be necessary to move or wake them to make sure they are comfortable.

Sleeping children will always be in sight/hearing of staff and will be checked on at least every ten minutes.

 Further guidance

[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

|  |  |  |
| --- | --- | --- |
| This policy was adopted at a meeting of | Tring Stepping Stones Preschool |  |
| Date to be reviewed | **July 2024** |  |
|  |  |
| Name of signatory |  |
| Role of signatory |  |

Sign: Date:

**Staff sign as read and understood**

|  |  |  |
| --- | --- | --- |
| **Staff name** | **Staff signature** | **Date** |
| Lucy Brittain |  |  |
| Nicola Poulton |  |  |
| Nicola Reynolds |  |  |
| Kim Smith |  |  |
| Jo Davis |  |  |

Updates and Changes

July 2023

Removed line “effective September 2023” as term has now ended. Removed Nicke Cooke from the staff list. Added Tring Stepping Stones Preschool to title.