

[Link to Statutory Framework for the Early Years Foundation Stage.](#)

Section 3. Safeguarding and welfare requirements.

Sleep and Rest policy

Topsham House ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.

- 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 to only have one sleep in the day or a shortened sleep – fearing that it infringes on their night time sleep; this will be taken into account **PROVIDED** it is also clearly in the child's best interests.

Please note: Parents' wishes will be taken into consideration, however staff cannot force a child to sleep, wake, or keep awake against his or her will. This is an Ofsted regulation.

- All rooms have quiet areas for non-sleeping children to rest in if they wish too.
- The sleep rooms are located downstairs.
- Sleeping children are never left unsupervised.
- Written checks are carried out on all sleeping children every 10 minutes.

Please Note

The policies of Topsham House are under continual review in the light of team discussions and its effectiveness. Policies may be amended at any date and any revisions are handed to staff accordingly.

The annual review takes place in June. This policy was updated November 2014 PH