

Sleeping Policy

Health and Social Care Standards:

3.15 My needs are met by the right number of people.

4.11 I experience high quality care and support based on relevant evidence, guidance and best practice.

5.18 My environment is relaxed, welcoming, peaceful and free from avoidable and intrusive noise and smells.

5.19 My environment has plenty of natural light and fresh air, and the lighting, ventilation and heating can be adjusted to meet my needs and wishes.

5.22 I experience an environment that is well looked after with clean, tidy and well maintained premises, furnishings and equipment.

Stramash, as an outdoor nursery, understands that it is important for the children to have regular sleep and rest periods throughout the day to promote good health and rejuvenation. We consider that older children may only require rest time and this is facilitated by offering quiet, cosy space for the children to rest and have quiet time.

When designing sleep spaces at Stramash, due consideration and guidance has been taken from the Care Inspectorate's document **Space To Grow** (2017)¹, which outlines the use of space within a nursery setting.

Each child will have an individual and varied sleep procedure as part of their care plan as per the Wellbeing Indicator guidance given in **Getting It Right For Every Child** (2007)². Each child's sleep procedure should work alongside the information from parents/carers regarding time of naps, duration of naps, where and how a child sleeps (or rests). We aim to mirror the same sleeping pattern that a child has at home, as much as possible within the nursery.

In light of this knowledge we have some basic sleep routine principles:

- Families should provide their own blankets/comfort items by default, although spares are available on site
- Children can sleep indoors or outdoors. If the child sleeps outdoors, staff will ensure the child will be in a dry, warm area (inside a sleep tent, or in a hammock) / if indoors the use of appropriate sleep mats/cot beds will be used
- An adult will remain in the room if indoors;
- Children under the age of 2 will not sleep in a hammock;
- Children in nappies will be changed before sleeping;

¹ [Space to Grow. Design guidance for early learning and childcare and out of school care setting \(2017\) Care Inspectorate](#)

² [Getting It Right For Every Child \(2007\) Scottish Government](#)

- Children will be given any blankets and comforters as needed;
- The temperature/light within the area will be monitored to ensure comfort;
- When putting a child down to sleep, Staff will place them down on their back;
- Staff will stay with the child as they fall asleep, doing what makes sense for the child to help soothe them (eg: rubbing head, being near);
- Sleep checks will be made every 10 minutes and are recorded, alongside the time they fell asleep and when they woke up;
- For children with known medical illnesses or are who are unwell, sleep checks shall be made more frequently.