Nexus Education Schools Trust

Sleep Procedures

Date: June 2024
Review Date: June 2025

Nest Nurseries

Sleep Procedures

- During settle sessions and registration into Nest Nurseries, parents will have the opportunity to share if their child naps, when and how long for. The nursery will provide the same opportunity at the nursery.
- Sleep time will take place shortly after lunch around 1 pm.
- Sleep time and duration will be recorded in the nursery and shared with parents at the end of the child's session.
- Parents will be encouraged to send in their child's comforter if they have one for sleep time. This can be kept in their backpack and taken out at sleep time.
- A designated space in the nursery will be allocated for sleep time, this will be the same space each day, where possible. Other children in the nursery will not be able to access this area to ensure safety of the children sleeping.
- A routine for sleep will be followed each day to support the children e.g. blinds down, calm music on.
- An adult will be available to help settle any children who may need a little support calming for sleep. This may involve sitting nearby and gently patting their back for a few minutes.
- Each child will have their own blanket, kept in a labelled bag which will be given to the child at nap time. Blankets will not be shared between children.
- Blankets will be washed once a month or at the end of each half term.
- Sleep mats will be put beige side down, children will sleep on the green side of the mat.
- For hygiene purposes, children will remove their shoes before laying on the mat.
- An adult will supervise during nap time, monitoring blankets and ensuring blankets do not cover faces at any point.
- Mats will be sprayed with diluted milton and cleaned with blue paper towel after use, ready for the next child.
- Once fully awake children will be asked if they need to use the toilet, children in pull ups will be changed if needed.
- Should parents request so, staff will wake children after given duration. Otherwise, children will be woken by or shortly after 2.30pm if they are going home at 3pm.
- Should children fall asleep at unexpected times or appear very tired this will be shared with parents by the end of the session.