



Dunoon ELC

Sleeping Policy

This policy was adopted at a meeting of:

Dunoon Early Learning and Childcare

On May 2025

Signed: *Rachael Bryant*

Designation: Principal Teacher

Statement of Purpose

The UN Convention on the Rights of the Child



Article 6 (life, survival and development)
Article 24 (health and health services)

At Dunoon Primary School ELC we understand 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.

Consistency of Approach

When designing sleep and rest spaces at Dunoon Primary School ELC, due consideration and guidance has been taken from the Care Inspectorate's document Space to Grow (2017), which 1 outlines the use of space within a nursery setting. Each child, who requires it, 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). 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 (in a buggy)/ if indoors the use of appropriate sleep mats will be used (unless a parent has asked and given permission that their child sleeps in a buggy or swing chair)
- An adult will remain in the room if indoors or space if outdoors
- Children in nappies will be changed before sleeping
- Children will be given any blankets and comforters as needed;
- When putting a child down to sleep, Staff will place them down on their back;
- The temperature/light within the area will be monitored to ensure comfort;
- 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 and staff will fill in the Sleep Record form for each individual child;
- For children with known medical illnesses or who are unwell, sleep checks shall be made more frequently.

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.

Links to National Policy

Space to Grow, Care Inspectorate (2017)

Getting It Right For Every Child, Scottish Government (2007)

