



Little Forest Folk

Sleep and Rest Policy & Procedure

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Reviewed by: Xiao Flynn

At Little Forest Folk we recognize that being active all day may mean that some children may require some rest or even a nap during the day. Where children show signs of becoming tired, we will encourage them to spend some *down time* in a quiet space where they can relax and recharge their batteries.

Some children may require a nap during the day and so we will provide an area for this. This area will be in a tent, dome or indoors depending on the site, with sleep mats and age -appropriate sleeping bags.

Please note we do not have sleep facilities at our Fulham Nursery or our Windmill site for our Wandsworth families but can still provide a quiet area for those children that may need it.

Procedure for children sleeping:

- Staff will encourage children whose parents request that their child sleeps to take a nap.
- After a 10-minute rest, if a child does not fall asleep then the child will be given the option to remain resting or to get up to play.
- Staff will assist the child to remove all waterproof clothing and outdoor boots to sleep
- Children will have an allocated sleeping bag which will be washed fortnightly or sooner if they become dirty.
- Children will be positioned in the sleeping bags so that their feet touch the bottom of the sleeping bag and so that their faces are not covered.
- The time that a child falls asleep and wakes up is recorded on Family. Children will be able to sleep for as long as they need unless stipulated by the parent. Children may be woken if they are sleeping when it is time to leave the outdoor site.



- A staff member will be allocated to stay with sleeping children at all times but in sight and sound of the group. Where this is not possible then two staff members will remain with the sleeping children.
- Children will be checked regularly whilst they are asleep to ensure that they are not too hot and are breathing.