

# VERWOOD C.E. FIRST SCHOOL AND NURSERY



Howe Lane, Verwood, Dorset, BH31 6JF - Tel. 01202 822652

## Sleep and Quiet Time

All children's needs are different so we provide flexibility and opportunities for children to take rests and naps as they need and desire, we do respect parent/carer wishes with regard to children's sleep but the welfare of the child is always paramount.

Space is available for children to relax, play quietly or sleep, equipped with appropriate furniture; within the Nursery there is a quiet carpeted area with cushions where children can go if they wish to rest and relax. Parents will be asked how long they would like their child to sleep for and if they would like them to be woken up after a certain length of time.

Sleeping children are frequently checked and supervised at all times. We have an adequate supply of clean bedding, some parents may wish to supply their own for the comfort of their child.

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. If parents do provide dummies for their children to use it is essential that they also provide a hygienic Dummy Pot that can be sealed to store the dummy in when not in use. Dummies are usually restricted to sleep and rest times. They are not encouraged when a child is not sleeping/resting for they can affect a child's speech, interaction with others and are a major cause of speech delay.

Parents will be advised if their child has slept during their session and for how long.

Children who do not require or wish to sleep, enjoy some quiet time in the afternoon, where they can rest, listen to calming music and/or have a story or watch something educational or other suitable learning material. All children in Nursery receive the rest and sleep that they need during the Nursery day as this is regarded as a highly important part of their personal and development needs.