

## **Sleep Routine Policy and Procedure**

### **How do the children sleep at Forest Nursery?**

At My Little Explorers we provide 'sleep pods' where the children have a safe, warm and sheltered space to sleep. We also, upon request of parents, have pushchairs for the under twos to sleep in.

The 'sleep pods' are from Hully pods and are wooden inside with a fibre glass outer so is still safe in extreme weather conditions such as thunder and lightning. The children have their own individual sleep bags with a sheet and blanket inside that is washed every few weeks or more if the child has had a cold. They are placed on sleep mats with a maximum of 7 children per pod. There are also cots available in the 'sleep pods' for younger children.

Pushchair sleepers are reclined fully back and have their own blankets for sleep time. When the weather is fine, they are placed outside in shady spots amongst the trees. In serious adverse weather conditions or cold they are placed on the decking area where it is more sheltered, and heating can be put on.

### **What to do when putting a child to sleep in a pod:**

- Take them to the toilet and/or put a nappy on them
- Check clothes – are they wet? Are they wearing a hoodie? How many layers do they have on?
- Remove outerwear and hoodies
- Ensure children go to the right mat with their sheet and blanket
- Tuck them in ensuring blanket is tucked under arms
- Keep door ajar
- Put on any sleep music/white noise
- Staff member to remain in pod whilst children fall asleep – rocking them if needed
- Children are to be checked every 10 minutes as a maximum using a timer
- Record checks on 'checklist' outside of pod
- Record who has slept and for how long on nursery in a box

**One staff member to be assigned checking sleeping children for consistency and to always remain at the lower end of the garden to listen and look for children waking up or in distress.**

**What to do when putting a child to sleep in a pushchair:**

- Remove outer clothing
- Set up blankets or attach appropriate sleep bag
- Ensure blankets are tucked under the child's arms
- Recline chair fully
- Walk the pushchair around garden or rock the child until asleep
- Park the pushchairs in an appropriate area

**The Benefits of Sleeping Outside**

Sleeping outside can help to replenish your oxygen levels. Oxygen levels in your brain boost serotonin, the happiness chemical in our bodies, which enhances our mood. Sleeping outside is said to link to increase brain activity leading to better focus and improved memory.

It can also bring a sense of calm as the children spend time relaxing outside listening to the soothing sounds of nature, such as the sound of birds chirping. It is sensory as they feel the warmth of the sun and feel the gentle breeze on their faces.

Children rediscover their natural side by immersing themselves in nature while they sleep. This allows children to become more in tune with nature's light-and-dark cycle, the difference between day and night