

**General Welfare Requirement: Safeguarding and Promoting Children’s Welfare**

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

## 1.25 Promoting health and well being

### Napping & Resting

#### Policy statement

At Fellowship House Children’s Centre, all children are allowed to take a nap when required unless there are medical or other developmental reasons why this may not be appropriate at the time.

We make necessary adjustments to the child’s routine during the first couple of weeks of starting.

As kids grow and develop, naps give their bodies and minds time to rest and recharge during those big changes. Plus, if children get overtired, it's actually harder for them to fall asleep easily at night-time. Another key benefit is that naps help children learn.

Daytime naps are crucial for children’s brain development and are essential for their wellbeing.

#### EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.2 Inclusive practice 1.4 Health and well-being	2.2 Parents as partners 2.4 Key person	3.2 Supporting every child	

#### Procedures

- All children have a nap or rest in their own designated rooms. Older 3-5’s gradually reduces their nap duration to 30 mins slowly at no sleep the term before they start reception, this is usually in April.
- Babies sleep from 11.45am until 1.30pm
- 2-3’s and 3-5’s nap from 12.30 pm until 1.30 pm (1 hour)
- The bedding is taken off after the nap and put into the child’s individual Ziploc bag for the next day.
- The beds are sprayed with Anti-bacterial spray and wiped down before storage after nap time.
- All bedding is washed every other day using the nursery’s washing machine and dried in the tumble dryer.

- Staff assemble the bedding before nap time.
- All children have a pillow, cot sheet and blanket on their beds.
- Older 3-5's has two children on a crash mat with single blankets each.
- All children sleep on the ground therefore there is no risk of falling.
- Babies under one years old sleep in a travel cot provided by the nursery.
- Babies are allowed to have a comforter to sleep with if required.
- Some younger children are patted to help them fall asleep.
- Children in the 3-5's group are not patted to sleep, they are encouraged to rest for 20 minutes, if they are still awake after 20 mins, we then take them into a separate room to play.
- The children are encouraged to sleep on their back.
- A staff member is always present in the room whilst the children are napping.
- The room is made to be dark using curtains and blinds and often soothing background music for relaxation.
- Staff visually monitor the children who are asleep.
- There is CCTV in the rooms the children are taking their nap.
- Babies who are young and need more than one nap are allowed to sleep during the day too.
- If parents wish for their child to have a shorter nap, this will be allowed up to a minimum of 30 minutes. All requests must be made via email to the management.
- Children's nap times must be consistent throughout to prevent imbalance of the child's routine and confusion for staff.

This policy was adopted at a meeting of

Fellowship House Children's  
Centre

Held on

18<sup>th</sup> August 2020

Date to be reviewed

17<sup>th</sup> November 2023

Signed on behalf of the management  
committee



Name of signatory

Reshma Ahmed

Role of signatory (e.g., chair/owner)

Manager