



Grace Park Montessori Pre-School

Safe Sleep (Rest) Policy

1. Policy Statement

Grace Park Montessori places the highest priority on the health, safety and welfare of all children and providing a safe place to rest forms part of our overall care. Children attend our pre-school sessions for just 3 hours per day and, as such, sleep provision does not form part of our service. However, if a child needs to take a rest or to lie down, there is a quiet and safe place that is allocated, specifically, for this purpose.

2. Principles

This policy is underwritten by the *Child Care Act 1991 (Early Years Services) Regulations, 2016*.

3. Procedures

- All staff are aware of the requirements of our Safe Resting Policy.
- Each child in our care who is resting is under visual supervision.
- No child who is resting is ever left totally alone.
- There are no toys or other potential risks in the rest area.
- Steps are taken to ensure that a child who is resting does not overheat by checking on the child and regulating room temperature, if necessary
- Any child is free to rest whenever needed.
- If a child is resting due to the onset of illness, parents are informed, accordingly, and the matter is recorded in an Incident Report form.

4. Review

The Directress, in consultation with staff, monitors and reviews the effectiveness of this policy on a periodic basis or as required.

This Policy is to be read in conjunction with our

- Health & Safety Policy
- Safety Statement
- Risk management Policy
- Staff training /Staff supervision Policy

Jozefa Chrobak

Directress

Reviewed on:	14 January 2023
Reviewed on:	
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Reviewed on:	
Reviewed on:	