Let’s think about…

Sleep and Rest

A 45 minute staff meeting template to use within your setting.

Staff meeting preperation:

- Identify what you are trying to achieve from the meeting. What is the teams current knowledge on this subject? What would you like the outcome of the meeting to be?
- Reflect on how you are going to present the informaton. Can you provide visuals? Things to hold? Practical activities?
- Check the sources of information being presented with a critical eye
- Plan your prompts for after the meeting i.e. posters, reminders, peer observations etc.
- Do as much pre-reading, watching and listening as possible.

You can find out more about planning continual professional development here.

Before the meeting: ensure all of the team have read the NHS Sudden Infant Death Syndrome (SIDS) information page.

Activity 1 - why are sleep and rest important? Speak to the person next to you and feedback.

Some possible reasons might be;

- Brain development and learning
- mental health and wellbeing
- Physical health
- Emotional regulation
- Attention and concentration

Rest is not simply a time to pause, it is a right for babies and children as Article 31 of the The UN Convention on the Rights of the Child says:

‘*Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.’*

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Activity 2 - what are the different types of rest?

Explore the Diverse Pathways Rest for Regulation download. Spend 10-15 minutes in small groups exploring each of the different types of rest, reflecting on them in your provision and routines. Use post it notes or posters to record what different rooms would like to implement to support different types of rest.

Activity 3 - read the updated Early Years Foundation Stage Statutory Framework 3.86 pages 40 & 41 and use The Lullaby Trust Safer sleep awareness for early years settings guide to reflect upon sleeping practices.

This is an opportunity for team members to reflect upon current practice and regulations / guidance. Make space for questions and time to reflect on why the guidance is in place for each of the requirements.

Key questions for reflection

- How are you communicating your updated sleep policy to families?
- How do you gather and record information about whether a baby was born prematurely?
- How do you share up-to-date safe sleep guidance with families?
- Do all team members have a shared understanding of what a safe sleep check involves?
- Do all team members feel confident recognising and raising concerns about sleep practices, whether involving families or colleagues?

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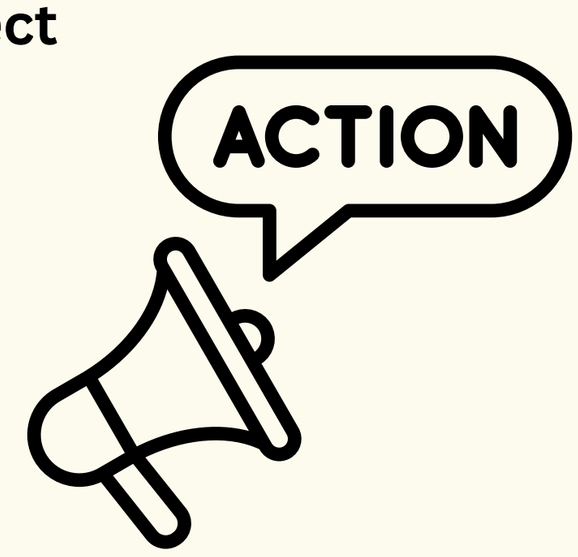
Activity 4 - seeing sleep through the child's eyes
Read the following statement aloud and discuss what it means for your practice.
Sleep is an intimate and sensitive experience for babies and young children. Practitioners have an important role in creating peaceful, nurturing and respectful sleep experiences through responsive, attachment-informed care.

Questions for reflection:

- How do we recognise and respond to each child's individual sleep cues?
- How do we respect babies' and children's voices, preferences and choices during sleep times?
- How do our relationships with children help them feel safe and secure enough to sleep?
- What might sleep time feel like from a baby's perspective?

Conclusion and final thoughts - take five minutes to reflect together on what you have explored during this meeting.
As a team, agree on three things:

1. One thing we are already doing well to support safe, responsive sleep and rest.
2. One thing we would like to improve or approach differently.
3. One action we will take forward, including who will be responsible and when we will review it



Follow up prompts and activities for after the staff meeting:

- Explore and share BASIS resources with colleagues and families.
- Review your setting's sleep policy to ensure it reflects current guidance.
- Carry out peer observations of sleep routines and discuss how practitioners support responsive, respectful care.
- Create a visual reminder of safe sleep checks for your team.
- Revisit the actions agreed during your next staff meeting and reflect on what has changed.

Would you like a staff meeting template like this one about a specific topic?
Get in touch to let us know what you would would find helpful at your setting by emailing us on sph@beyth.co.uk

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