

**How can we further improve provision for sleep and rest at Kate Greenaway  
Nursery School and Children's Centre?**

Elizabeth Dolan – Nursery Education Worker

I started with the question 'How can we further improve provision for sleep and rest at Kate Greenaway Nursery School and Children's Centre?'

This project examines childcare and practice in the primary setting. I began with studying the method used by practitioners in the primary setting, in this instance the transition period between wake/sleep/wake.

The method of supporting children through the transition from wakefulness to sleep evolved in response to observations of individual children's needs.

How could I extend this transition to older children in the setting and develop a designated sleep area for them?

I reviewed the literature and conducted questionnaires for parents and staff, as well as observations at the primary, and two other settings. These observations explored the patterns and routines of the children and how practitioners met their needs at this time. Some of the children were asked for their opinions on a 'new sleep' area.

Some of the key findings within the research has been the need to create an environment where contributing factors can support young children through this time and what staff can do in the way of 'best practice'. The importance of 'transitional objects' for the children, and how the majority of practitioners see this process as something 'they do' with children without relating the theory of attachment to this transition.

The themes throughout the research are that children's needs are individual to them, how working with other professionals plays a vital part of the work we do, and this

combined with parental needs, forms the basis for the work we undertake with children and families.

This method has developed from observing children, listening to their parents and implementing the 'key person' system of working with children and families. Furthermore, how we can best meet the child's need for sleep with the routines we put in place as a team to further the child's sense of and security.

### **Contact Details**

Organisation: Kate Greenaway Nursery School and Children's Centre

Email: [lizdolan4@hotmail.com](mailto:lizdolan4@hotmail.com)