POLICY STATEMENT

Sleep is essential for children's growth and development. At the setting we promote healthy and safe practices in helping the children sleep and rest. We are mindful of the need for the children in our care to have safe, supported rest and sleep when they need to, and for staff to be fully trained in providing this.
The setting does not currently have babies (children under one year old).

POLICY AIMS

- We follow the Early Years Foundation Stage (2025) statutory framework which emphasise the importance of sleep. We follow the government guidance on safe sleep practices
- All staff are aware of their responsibilities in supporting sleep and rest.
- The Sleep Policy is discussed with parents at registration ensuring they agree to it.
- Staff work with families to help children develop consistent sleeping habits between home and the setting, responding to their changing needs.
- Children are offered a safe, clean, comfortable space in which to sleep.
- Concerns about unusual sleeping patterns or behaviour are followed up according to the settings Safeguarding Policy.

PROCEDURES

Risk Assessments

- A risk assessment for sleeping children is carried out and reviewed annually or when required.
- Parental requests about sleeping arrangements are not accepted if they are felt to put the child at risk or if they are in conflict with observed need in the setting.

Sleep Supervision

- Staff do not force a child to sleep or keep them awake against their will.
- Staff are always within sight and sound whilst a child is sleeping.
- A member of staff checks on each sleeping child every ten minutes, monitoring:
  - The child's breathing by placing a gentle hand on their chest or putting the back of their hand near the child's mouth to feel for breath.
  - Checking for chest rise and fall.
  - Body temperature – ensuring the child is not too hot or too cold.
  - Changes in position – ensuring the child is sleeping in a safe position and not tangled in a sheet / blanket.
- Sleeping children are not woken except in an emergency or at home time, unless requested or indicated by the parents.

Staff Training and Awareness

- All staff have read and are kept up to date with the settings Sleep Policy.

- The setting recognises that developing sleep routines can be daunting and difficult, and can impact on the child's wellbeing at the setting. Parents are provided with information or signposted to support from:
  - Health Visiting Services
  - NHS guidance on Sleep and Young Children
  - The Lullaby Trust