



# Sleep Safe Policy

Signed By:

Nick Arnold Headteacher

Date June 2025

Faye Forsyth Chair of Governors

Date June 2025

## **1. POLICY STATEMENT**

'Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance' Statutory Requirements EYFS 2024 (3.69)

Part of the introduction to nursery is to gain knowledge of your child's individual routine and their sleep and rest time periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

## **2. SAFE SLEEPING GUIDANCE**

2.1 The nursery has a 'Sleep log' document. The children are monitored every 10/15 minutes during their sleep time. This is signed by a member of staff at each interval.

The length of time the child has slept will be put on the Family app.

2.2 A member of staff is always present in the room with children when they are sleeping/resting.

2.3 When children have medical conditions, certain emotional needs or sleep training programmes, the parent should discuss these with the key worker or nursery manager.

2.4 All children's mouths are checked before being set to sleep.

2.5 Children who fall asleep anywhere other than on a sleep mat, will be moved gently to a mat in the cosy area.

2.6 Lyngford park Nursery is well ventilated, with a room temperature of 16-22c (recommended guidelines); however, this may be higher during the summer months and appropriate action will be taken to regulate the temperature.

2.7 Children sleep on mats as discussed with the parent or carer.

2.8 Light bedcovers are provided and will be placed at no higher than shoulder height.

2.9 Sleep mats are not placed by a radiator or window.

2.10 Sleep mats are regularly checked for any signs of damage.

2.11 After each sleep the mat is wiped and bedding is placed into a named bag. These will be washed regularly.

## **3. SAFE SLEEPING CHECKS:**

3.1 Staff will check the sleeping child to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.

3.2 The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.

3.3 Staff will ensure they are not too hot or cold

#### **4. SETTLING SLEEPERS:**

4.1 The child's sleeping routine is discussed with the parent/carers and recorded within their personal sleep routine i.e. length of sleep, position of sleep.

4.2 If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes. Staff will check these for any damage and check their safety with each use.

4.3 A child will be settled by a member of staff unless parent/carer requests they settle themselves.

4.4 Staff undertake regular safeguarding training and appropriate methods of comfort are regularly reviewed.

4.5 If a child settles themselves then a member of staff will be close to the child.

4.6 The nursery will not allow a child to consume milk from a bottle while settling to sleep.

#### **5. REST TIME:**

5.1 During the period of 12.30pm-1.30pm the nursery will encourage 'quiet time'.

5.2 The nursery has a 'cosy corner' area for children to have periods of rest when they require.

5.3 Most children by the age of 3-4yrs tend not to have an afternoon sleep, however if a child requires a sleep, then staff will arrange this.

5.4 Nursery staff will discuss with the parent/carer the child's sleep/rest routine and how these fall within the nursery day. There may need to be some adaption to sleep times to ensure suitable staffing can accommodate individual needs and that there are safe areas to sleep.

5.5 Nursery staff strive to provide as many learning opportunities as possible, therefore staff will discuss with the parent/carer the balance between rest and play time whilst attending the nursery session.