



## Sleep Policy

**Date: November 2025**

**Review: November 2027**

### Policy intention

*‘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 2021 (3.60)*

All parent or carers will be given an induction when their children arrives for their initial first settling visit at the nursery. 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.

### Procedure

#### Safe Sleeping Guidance

- At Finch Nest Preschool each child is monitored every 10 minutes during their sleep time.
- A member of staff is present at all times with children when they are sleeping / resting.
- Babies are placed on their backs to sleep, feet to foot of the cot. However, once they can roll from back to front and back again, on their own, they can be left to find their own position.
- For Children that have medical conditions, certain emotional needs or sleep training programmes, we will endeavour to enhance staff supervision however; the parent should discuss this with the Key Person and the Manager.
- All children’s mouths are checked before going to sleep.
- All play rooms are well ventilated, with room’s temperatures of 16-22c (recommended guidelines); however this may be higher during the summer months, where open windows will be used to try to regulate temperature. There are thermometers in playrooms to ensure temperatures are monitored.
- The children will sleep on sleep mats.
- Staff will discourage children regularly sleeping in pushchairs and will not put a child to sleep in a car seat.
- Sleep mats are regularly checked for any signs of damage. They are regularly turned and aired.
- After each sleep the bedding is cleaned.

#### Safe Sleeping Checks: Whilst Sleeping

- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- 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.
- Staff will ensure the children are not hot or cold.

## Settling Sleepers

- 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.
- Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with the child's personal belongings.
- 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.
- A child will be settled by a member of staff unless parent/carer requests they settle themselves.
- Staff can sit with a child and pat/stroke their stomach or back or stroke side of face as requested by parent/carer.
- Staff attend annual safeguarding training and appropriate methods or comfort is regularly reviewed.
- If a child settles themselves' than a member of staff will sit close to the child.
- Finch Nest Preschool will not allow a child to consume milk from a bottle in a sleep mat bed as a soother for settling to sleep.

## Rest Time

- Most children by the age of the preschool room (3-5yrs) tend not to have an afternoon sleep, however if your child requires a sleep then staff will arrange for the child to sleep.
- Staff will discuss with the parent/carer the child's sleep / rest routine and how this falls within the nursery day. There may need some adaption to sleep times to ensure suitable staffing can accommodate individual needs.
- Staff strive to provide as many learning opportunities as possible; therefore, staff will discuss with the parent/carer the balance between rests and play time whilst attending the preschool.