Rest and Sleep Policy Oct 2025 (No Updates)

All nursery and pre-school children get tired during the day and need to have opportunities to rest and sleep during the nursery day. It is very important that young children get all-the sleep they need and so we facilitate this in all areas of the nursery.

Every child's needs are different, so we provide opportunities for children to take rests and naps as they need in a flexible way.

COMFORTERS AND COMFORT BLANKETS

Comfort blankets and soft toys can bring enormous comfort and reassurance to small children, especially when they are new to the nursery and during rest and sleep times.

Parents may wish to provide dummies for their children, as they can provide comfort during rest and sleep times. However, the nursery does not provide, supply or introduce them to children themselves.

Nursery practitioners will label children's dummies to ensure they are not used by other children.

Dummies are usually restricted to sleep and rest times. They are not encouraged in the play rooms, as this could limit a child's speech and interaction with others.

CLOTHING

Where possible, all jumpers, hoodies, cardigans, sweatshirts etc are removed from the child when putting them to bed, to avoid overheating during their sleep.

REST AREAS

Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day.

There are accessible rest areas with soft seating and cushions in rooms and in garden spaces where children can go if they wish to rest and relax. We also provide a separate sleep room for babies which provides under 2s with a tranquil and calm environment to sleep without disturbance.

PARENTS' WISHES

The preferences and wishes of parents are always valued and respected. Staff work closely with parents, especially in Piglets, to ensure each child's individual needs are carefully met.
Some parents prefer to restrict their children's sleep and this will be taken into account provided it is clearly in the child's best interests.

For the safety and wellbeing of all children, we require that all children arrive at the nursery **awake**. This allows staff to safely observe the child's initial condition, confirm their responsiveness, and ensure a proper handover with parents/carers.
Children must not be transported into nursery while asleep in car seats, pushchairs, or baby carriers. This is due to the known risk of positional asphyxia associated with unsupervised sleep in such equipment.
If a child arrives asleep, staff will gently wake them and perform a visual health check before the child is admitted into the nursery setting.

This procedure is part of our safeguarding practice and aligns with safe sleep guidelines recommended by national health authorities.

SLEEP RECORDS

In the sleep room, sleep start and finish times are recorded. A sleep chart is used to record 10 minute checks beginning with an immediate check by office/management staff to ensure all of the children sleeping are safe, that blankets are not over face, breathing is not being obstructed and that lowerable sides of cots are all raised up, and that children aren't able to climb/fall out of the cot. If children have a sleep limit, this is also recorded on the chart.

SUDDEN INFANT DEATH SYNDROME

- Nine out of ten deaths from SIDS occur within the first six months; however, we follow the guidelines from the Foundation for the Study of Infant Deaths 2012 to ensure their continued safety when sleeping in cots or prams
- Room thermometers monitor the temperature and we ensure it stays between 16 & 22 degrees Celsius.
- Blankets or any other materials are never left hanging over prams or cots.
- We follow the 'feet to foot' sleeping position.
- Distances between sleeping Under 2s are maintained at 1 meter apart.
- We ensure all mattresses are in first class condition, clean and fit for purpose.
- Lightweight blankets are provided.
- The sleep room is checked every 10 minutes.
- The sleeping areas are attached to a busier space which is always manned. All activity in the sleep room is monitored by those present in the areas and CCTV,

Staff are required to be fully focused on potential hazards that could put a baby/child at risk whilst they are sleeping. Regardless of work pressures staff must be able to remain calm, mindful and vigilant when leaving a child to sleep and get a colleague to do an immediate second check on the child.

PIGLETS

- Children have their own bedding
- A thermometer is available in the sleep room to record and monitor the temperature to ensure that the correct temperature is maintained.
- Oscillating fans are used in the sleep room during the hotter periods of the year and are appropriately risk assessed and set away from the cots and consequently out of reach.
- Children are usually supervised until they fall asleep, some children will self-settle without being supervised, staff should avoid leaving babies who self-settle with a bottle unsupervised, except where this is requested by parents.

LITTLE EXPLORERS & NOAH'S ARK

- They have comfortable padded foldable bed mats which are laid out in the room.
- Each child has their own bedding.
- Their individual nap times are observed and recorded to share with the parents/ carers.
- Children go to sleep in a variety of ways; some are stroked or patted gently, others self-settle.
- Parents' wishes are listened to and upheld in line with the best interests of the child.
- A member of staff settles them to sleep and stays within earshot for when they wake.
- Regular visual checks on sleeping children must be made at least every 10 minutes.
- Sleep limits are recorded for all staff to see and follow.

HYGIENE

Staff ensure that bedding is washed regularly.
Bedding for full time children is washed at least twice per week and part time children once a week.

THE IMPORTANCE OF REST AND SLEEP

The nursery ensures that all children are given the necessary opportunity to get the rest and/or sleep they need during the nursery day and regards it to be a fundamental part of their personal and developmental needs.