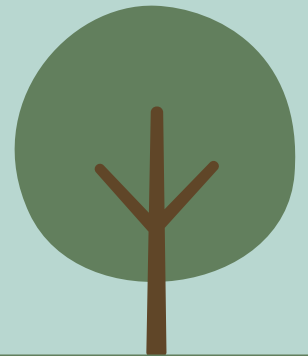


Sleep and rest policy



The nursery management team **must** ensure that all nursery staff team adhere to this sleep and rest policy.

Sleep and rest are essential for young children's healthy development and wellbeing. In-line with the Early Years Foundation Stage (EYFS), our setting is committed to providing safe, developmentally appropriate sleep environments and routines that respect each child's individual needs working in partnership with parents. This policy outlines the procedures and responsibilities that ensure all children are kept safe, comfortable and well supervised while sleeping or resting.

All children are closely supervised while sleeping. A member of staff is always present in the room and regular checks are carried out to ensure babies and children's safety and comfort.

We provide a safe sleep environment by using appropriate equipment and maintaining clean, comfortable sleep spaces. Each child has their own bedding, and all sleep areas and equipment are regularly checked and cleaned. Children are always placed on their backs to sleep, with babies in a clear, firm cot, with no loose items, and children over 12 months in coracles or on rest mats.

Sleep spaces **must** not contain additional items (e.g. toys, pillows, bumpers, dummy clips, necklaces or bracelets). Comforters can be used to support children falling to sleep and will be removed when children are fully asleep to ensure children's safety. Rooms are kept at a safe and comfortable temperature, and children are checked to ensure they are not too hot or cold.

Children are encouraged to rest when needed, but there is no fixed sleep time. If a child does not fall asleep, they may rest quietly or take part in calm activities. Children who no longer nap still have access to a quiet area if they need to relax. Staff will **not** force a child to sleep, keep them awake against their will or wake them forcibly, as such actions could harm a child's wellbeing. Instead, children may be softly awakened in a considerate way.

We ask that you keep us informed of any changes to your child's sleep routine, as this helps us provide the best care. We will also keep you updated about your child's sleep while they are with us.

For safety reasons, if a child arrives at nursery asleep, parents/carers **must** wake their child so staff can assess their physical wellbeing, before the nursery can accept the child into their care. Once checked, staff will then transfer your child to an appropriate sleep space.

Our approach follows current guidance to reduce risks such as Sudden Infant Death Syndrome (SIDS) and ensures all children are kept safe, well-rested and supported throughout the day. Further information on Safer Sleep Guidance is available through the Lullaby Trust Safer sleep information | The Lullaby Trust.