

Sleep Policy



At **Findon Village Preschool** we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

- Children are placed on their backs to sleep, following this, we enable them to find their own position
- Children are never put down to sleep with a bottle.
- Children are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Checks are recorded every 10 minutes
- Children are never left to sleep in a separate sleep room without staff supervision.
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We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding or blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Only using safety-approved sleeping equipment (i.e. mats) that are compliant with British Standard regulations and lay completely flat.
- Using clean fitted sheets and cellular blankets
- Enabling children to sleep outdoors, where appropriate and with parent permission
- Not cluttering beds with soft toys, although comforters may be given where required and removed once asleep. Dummies will be removed from dummy clips.
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
- Cleaning all bedding as required and at least weekly
- Transferring any child who falls asleep while being comforted by a practitioner to a safe sleeping surface to complete their rest
- Waking a child who is brought to nursery asleep to ensure they are fit and well for the day ahead.
- Having a No smoking/vaping policy.
- Beds will be sprayed with antibacterial cleaner and wiped down after each use.

We ask parents to discuss their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft

music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or to a different room.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

This policy was adopted on	Signed on behalf of the nursery	Date for review
1 st April 2026	Emily Pettitt	1 st April 2027