

Maidensbridge Primary School

Sleep Policy



Policy Date	Review	Written By
September 2025	September 2027	G Morgan
Version 3		

Aims of the Policy

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at Nursery or Pre-School.

Legislation

This policy is based on requirements set out in **the 2026 statutory framework for the Early Years Foundation Stage (EYFS) for group and school-based providers.**

Principles

At Maidensbridge we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- Anyone who supports a child sleeping or resting in Nursery or Pre-school is an employee of Maidensbridge and has had appropriate safeguarding checks.
- Anyone who supports a child sleeping or resting in Nursery or Pre-school is aware of procedures and responsibilities for supporting children's sleep and has undertaken Lullaby Trust Safer Sleep Training.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- That sleeping and resting is a positive experience and that both the child and the family feel supported throughout.
- Communication with the child's family is promoted and this starts prior to the child starting Nursery or Pre-school, so that information is shared and routines are established and agreed.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

Responsibilities

Little Bridges will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know. Nursery and Pre-school will act according to Maidensbridge safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

Nursey and Pre-school will ensure that suitable facilities and equipment are provided and designated places are available for sleep and rest.

Nursery and Pre-school staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and the setting. Staff will provide a positive climate to encourage parents to share information

openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing at Little Bridges. Prior to starting, children's sleeping needs and routines will be discussed with parents/carers to provide consistency for the child.

A written record is kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes; The time a child is put down to sleep, when they wake and ten-minute monitoring checks are recorded by staff. This information is available to parents/carers at all times and will be checked periodically by Little Bridges line manager. Staff will always try to take account of Parents wishes when dealing with sleeping children. We will not carry out requests of parents/carers if they feel that it could put the child in any danger. Staff will not normally leave children to sleep for periods longer than one hour unless requested or indicated by the parents/carers.

We provide a safe sleeping environment by:

- Monitoring the room temperature.
- Using clean, firm, suitable mats which are cleaned between each use. No pillows, soft toys or heavy bedding are used.
- Ensuring children are appropriately dressed for sleep to avoid over-heating.
- Keeping all spaces around the child clear from objects that may fall and away from children's play.
- Transferring any child who falls asleep elsewhere to a safe sleeping surface to complete their rest.
- Encourage children to sleep in designated areas or quiet areas.
- Ensuring staff can always hear and see sleeping children and respond quickly if needed.

Nursery and Pre-school's responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing. Parents will be provided with information or signposted to support such as Health visitors.

Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Nursery or Pre-School and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Unwell children

Children who are unwell will be given the highest supervision priority and monitored constantly. The Nursery or Pre-School will phone contact number 1 to request that the child be collected as soon as possible. The child's temperature will be taken regularly to avoid overheating.