

## Sleep Policy

Sleep is an essential requirement for good health. Babies and young children often require daytime naps to ensure they get enough rest to support growth, physical and mental development. Regular naps also prevent children from becoming overtired which can affect their mood, behaviour and ability to learn. Without a regular routine, children's sleep patterns can be disrupted making it harder for them to fall asleep at night, eventually resulting in exhausted children, parents and carers.

Before we begin to provide care for your child, it is important that we discuss with you any established sleep routines so that we can accommodate them, where possible into your child's day at nursery. It is also vital that you keep us informed of any changes to routines as your child's sleep needs will change as they grow and develop.

In order to support your child's routine in the best way possible, we will ask you to complete the 'All About Me' section of the child registration form before your child attends. This includes information on;

- How many naps your child normally has and at what times.
- Average length of sleep time.
- Where your child prefers to sleep
- Whether they have a dummy or comforter
- Any special routines that you have or things that you do to help your child settle down for a nap.

We will ask you to review the information on your child's sleep regularly, keeping us informed with accurate and up to date information. This will usually be done at handovers verbally with your child's key worker and we may discuss this over the Family app.

We are unable to keep over tired children awake if they are unsettled whilst at nursery due to tiredness. We appreciate you may be working to get your child into an appropriate sleep pattern and will work with you to achieve this. In the event of a child becoming distressed due to lack of sleep we will contact you to ask if they can have a nap on occasions where they wouldn't normally need sleep. If your child is distressed due to lack of sleep and you would not like your child to sleep, you will be asked to collect your child from nursery if they do not settle over a short period of time. We also equally will not make a child sleep if they are not tired. If you would like your child to sleep at certain times our key workers will attempt to ensure this happens but if the child resists sleep, they will not be forced. If you request that your child is woken after a certain length of time, staff will attempt to wake your child by gently encouraging them to wake. If your child becomes distressed or we are unable to wake them up through gentle encouragement, we will not force them to wake. We will, however, gently encourage them to wake in 10 minute intervals.



## Sleep Safety

We are aware of the risks of sudden infant death syndrome (SIDS) and follow current guidance to ensure infants are sleeping safely. Children are always laid on their backs in the 'feet to foot' position, in a cot or sleep mats. No other form of beds will be used, including pushchairs or car seats. Babies under 1 will always sleep in a cot. Sheets and blankets are firmly tucked in at the bottom and sides of the cot and are positioned no higher than the baby's midline. Children's heads are never covered whilst sleeping. If a baby rolls on to their front and they are unable to roll back confidently, they will be placed back onto their back. Room temperatures are taken regularly.

A member of the team will always be stationed with sleeping children. The room temperature is checked and monitored to ensure it stays within the recommended range of 16-20 degrees. The staff member will check on sleeping children regularly to ensure they are still safe and comfortable. Key workers initial sleep charts to confirm they made the check.

All staff are encouraged to participate in the safe sleeping course on our training platform Noodle. All staff working directly with babies have completed the SIDS and safer sleep for babies training provided by the lullaby trust.

This policy is used in conjunction with the Lullaby Trust's 'Sudden infant death syndrome: a guide for professionals. You can find a helpful parent's guide to safer sleep for babies on the Lullaby Trust Website ([www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)) or by asking the Nursery Manager for a paper copy.

You can also find guidance on sleep from the NHS <https://www.nhs.uk/baby/health/sleep-and-young-children/>

Reviewed September 2025

Signed By: Nursery Manager