Little Crickets at Park School Rest & Sleep Policy

The aim of this Rest & Sleep Policy is to provide a clear framework to ensure the health, safety, and wellbeing of all children who require support to sleep or rest while attending Little Crickets at Park School EYFS settings.

Legislation

This policy is based on the Statutory Framework for the Early Years Foundation Stage (EYFS) and relevant safer sleep guidance. The nursery will review sleeping arrangements and practices in line with any updates to statutory guidance and recognised best practice.

Principles

At Little Crickets at Park School, we promote healthy and safe practices to help children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS-checked and approved staff caring for the children.
- Children's individual sleep needs are identified and met appropriately.
- Children's rights to health, safety, and wellbeing are fully respected.
- Family cultural preferences regarding sleep routines are considered.
- Sleeping and resting at nursery is a positive experience, where both the child and family feel supported.
- Consistency of care is maintained whenever possible.
- Families are provided with information or signposted to further support resources related to sleep and bedtime routines if needed.

Nursery Setting Responsibilities

The Nursery will ensure that all staff members supporting children with sleep or rest are employees of the setting who have undergone appropriate safeguarding checks. All staff will be familiar with the procedures and responsibilities involved in supporting children's sleep. Additionally, we will:

- Maintain confidentiality, ensuring personal and sensitive information is shared only with those who need to know.
- Act in accordance with the Little Crickets at Park School safeguarding & child protection policy and procedures if there are concerns about a child's wellbeing.
- Ensure that suitable facilities and equipment for sleep and rest are provided.

- Collaborate with parents to support children's sleep routines, ensuring consistency between home and the setting.
- Promote a positive atmosphere where parents feel comfortable sharing information about their child's sleep needs or difficulties.
- Record and update children's sleep routines, ensuring these are regularly reviewed in partnership with parents as the child's development progresses.
- Monitor sleeping children every 10 minutes, recording the time the child is put down to sleep, when they wake, and any observations during sleep.
- Provide parents with access to sleep monitoring information at any time.
- Take parents' wishes into account when handling sleep arrangements, but address any unreasonable requests in consultation with management.
- Children's sleep requirements will be discussed and agreed with parents. Sleep durations will reflect the individual needs, age and stage of development of each child. Where concerns arise regarding a child's sleep pattern, staff will discuss these with parents.
- All staff responsible for sleeping children will receive induction and ongoing training regarding

Providing a Safe Sleeping Environment

Little Crickets at Park School follows recognised safer sleep guidance to reduce risks associated with sleeping children.

The setting will provide a safe and supportive environment for sleeping children by:

- Monitoring room temperature to ensure a comfortable sleeping environment.
- Using clean, light bedding/blankets and ensuring children are appropriately dressed to avoid overheating. Check that sleep sacks are correctly fitted and appropriate for the child's age and size.
- Keeping the space around the child clear of objects that could pose a hazard.
- Not allowing children to sleep with bottles to prevent choking hazards and promote good dental health.
- Transferring children who fall asleep in a practitioner's arms to a safe sleeping surface.
- Encouraging children to sleep in designated quiet areas.
- Always place babies on their backs to sleep unless alternative medical advice has been provided in writing.

- Ensure babies' faces remain uncovered during sleep.

- Avoid the use of pillows, duvets, cot bumpers, pods or loose bedding.
- Ensure children are not overheated and are dressed appropriately for the room temperature.
- **Under 6 months:** An adult must always be in the same room with the baby during every sleep.
- **Over 6 months:** Staff must keep children within sight and hearing at all times. Audio/video monitors will be used, but frequent physical checks are still mandatory

Individual Sleep Risk Assessments

Where a child has a medical condition, developmental need, premature birth history, additional vulnerability or specific parental concerns regarding sleep, an individual sleep risk assessment will be completed and reviewed regularly in partnership with parents and relevant professionals where appropriate.

Parent Partnership
Recognising that some parents may find it challenging to develop effective sleep routines for their children, the nursery will provide support and resources to help with sleep challenges, including:

- Signposting parents to relevant resources, such as health visitors or sleep specialists.
- Offering advice and guidance on establishing healthy sleep habits.
- Providing a supportive environment to discuss any sleep-related concerns or difficulties.

Staff Responsibilities in Promoting Positive Sleep Habits
Staff will work with children to promote positive self-esteem and independence in their sleep routines as much as is practical. Staff will:

- Approach children quietly and calmly regarding the need to sleep, mindful of their engagement in play.
- Be alert to signs of tiredness and offer appropriate support to children when needed.
- Encourage children regularly to follow the routine, offering praise and positive reinforcement for cooperation and independence.
- Always remain calm and provide supportive care to children settling for sleep, ensuring they feel secure and comfortable.

All sleeping children will be checked at 10 minute intervals. All practitioners working within the room share responsibility for monitoring sleeping children and ensuring that sleep checks are completed, recorded and acted upon appropriately. In Oaks there will always be a member of staff in the room during nap time. In the baby sleep rooms, the staff will be in/out of the room checking on the children every 10 minutes. There is a camera in the room for the staff to monitor the children on.
Checking a child while sleeping will involve:

- placing a hand on their chest to check their breathing, or putting the back of their hand near to the child's mouth to feel for breath;
- ensuring that each child is well;
- ensuring that each child is not too hot or too cold; and
- ensuring that sheets or blankets are not wrapped around the child or folded over creating a double layer.
- The sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check. A record of each child's daily sleep pattern is also recorded on Ovivio.
- Parents to provide cot sheet, cellulose blanket/sleeping bag and comforter if applicable. This will be sent home to be washed regularly.

Parent/Carer Responsibilities
Parents/carers must ensure they provide all relevant information regarding their child's sleep needs when they start at the nursery setting and as the child's needs develop. This includes:

- Information on how long the child should sleep, any routines for going to sleep or waking, and any comforters used.
- Details of any health care professionals involved in supporting the child's sleep, as well as any sleep-related difficulties.
- Providing comforters in sealed bags, labelled with the child's name.
- Collaborating with the child's Key Person to create and maintain a shared care plan for sleep support.
- Keeping emergency contact details up to date with the Pre-School.

Emergency Situations

If a member of staff has concerns regarding a sleeping child's breathing, responsiveness or general wellbeing, emergency first aid procedures will be followed immediately, medical assistance sought where necessary and parents informed without delay.

Monitoring and Record Keeping

Sleep records will be reviewed regularly by room leaders and management to ensure procedures are being followed consistently and any concerns are identified promptly.

Conclusion

Little Crickets at Park School is committed to providing a safe, supportive, and positive environment for children to sleep and rest. By working closely with families and maintaining high standards of care and communication, we aim to ensure every child's needs are met with dignity, respect, and safety.

Related Policies

- Safeguarding and Child Protection Policy
- Supervision of Children Policy
- Intimate Care Policy
- Administering Medicines Policy
- Health and Safety Policy
- Missing Child Policy
- First Aid Policy

Policy Owner: LM/RM
Last Reviewed: August 2026
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