

Child Sleep Policy – Early Years

Policy Information

Date of last review:	20th October 2025	**Review period:**	2 yearly
Date ratified by Local Givernors:	March 2026	**Policy owner:**	Mrs V. Callaghan

Reviews/revisions

Review date	Changes made	By whom
October 2027		

Introduction

At Princefield we promote healthy and safe practice to support children to sleep and rest. While the majority of our children at 3 years old, will not require a sleep during their Nursery session, there are times that children may benefit from/need sleep or rest during their time in our Nursery or Reception classes.

This policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require sleep or rest whilst at our Nursery or Reception.

Legislation

This policy is based on requirements set out in the 2025 statutory framework for the Early Years Foundation Stage (EYFS).

Principles

Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care whilst in our Nursery/Reception.

We will ensure:
-Children's individual needs regarding sleep and rest are identified and met.
-Children's right to health, safety and wellbeing are met.
-Family's cultural preferences are considered.
-Sleeping and rest in Nursery/Reception is a positive experience
-Communication between our Nursery/Reception and the family is promoted and this starts prior to child starting nursery so information shared and routines established and agreed
-Consistency of care
-Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

Responsibilities

The headteacher/SLT/governors will ensure that anyone who supports a child sleeping or resting in Nursery (or Year R if applicable) is an employee of the Nursery/Reception or main Princefield school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

All Early Years staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

Nursery and Reception staff will act according to Princefield's safeguarding policy and procedures if there are any concerns for any child's wellbeing.

At all times the child's safety, dignity and wellbeing is promoted.

The headteacher/SLT/governors will ensure that suitable facility and equipment is provided

The Early Years 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 school. Early Years 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 in Nursery. Prior to starting Nursery/Reception we discuss children's sleeping needs and routines with families to provide consistency. As the child continues and progresses through our Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Procedure
Early Years staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness.

Nursery and Reception children who need sleep/rest will be supported to use a quiet area in the Nursery room. This area will then be closed to all other children.

If a child falls asleep within the main Nursery room or Reception classroom, staff will aim to make them comfortable and safe without disturbing them. Staff will ensure that the place they have fallen asleep is safe and that any nearby equipment that may cause danger is removed. The area will be made as quiet as possible with other children moved away where possible.

Children will be given equipment to support sleeping in comfort, for example a mat, cushion, blanket.

Sleeping children will be monitored by staff and a written record taken at least once every 10 minutes.

Written records are kept of all support for sleeping, including the time a child begins sleep, when they wake and 10 minute monitoring checks.

All recorded information will be passed to parents upon collection, either verbally or in written form.

All recorded information will be kept in the Nursery/Reception classroom in a sleep folder and will be checked periodically by the Early Years Lead / SLT.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. If a child remains asleep after one and a half hours a phone call will be made to parents/carers and the need and procedure for waking the child will be discussed and agreed. This will be recorded on the sleep record.

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed and alternatives sought. We will not carry out requests of parents/carers if staff feel that it could put the child in any danger.

The Early Years staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Communicating the importance of sleep routines with parents
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 at Nursery/Reception. 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 to sleep for their child on entry to our Early Years and as the child develops, so individual 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,

details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

Parents/carers must ensure that the Early Years always has their emergency contact details

This policy will be reviewed every 2 years, or earlier if necessary.