



All Saints CE (VC) First School, Busy Bees Nursery & Kingfisher Club

Policy on Sleep

Date adopted: September 2026

By: Full GB

To be reviewed: September 2027

Purpose of the Policy: The purpose of this policy is to ensure parents/carers understand how the school and nursery will support and monitor children who sleep whilst accessing the provision.

At All Saints CE (VC) First School and Busy Bees Nursery 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's sleeping is paramount.

All early years providers are required to meet the safer sleep requirements set out in the EYFS statutory framework which states:

Sleeping arrangements

3.84 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance:

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>.

This currently links to the NHS safer sleep guidance.

Changes to the current framework are due to come into effect from September 2026, subject to parliamentary and legislative process.

This 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.

2. Legislation

This policy is based on requirements set out in the 2026 statutory framework for the Early Years Foundation Stage (EYFS).

Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Children are never put down to sleep with a bottle to self-feed.
- Children are monitored visually when sleeping. They are never left in a separate room without staff supervision.
- When monitoring, the staff member listens for breathing noises, looks for the rise and fall of the chest and if the sleep position has changed.

We aim to:

- Provide an environment which has areas where children can rest or sleep
- Provide a warm and reassuring response to tired children
- Respect parent's wishes and support established routines where possible.

What parents\carers should do:

- Provide the setting with your child's sleep routine and any comforters required to aid your child to fall asleep.
- Read the sleep safe information available at

www.lullabytrust.org.uk

[Safe Sleeping - Staffordshire Safeguarding Children Board \(staffsscb.org.uk\)](http://staffsscb.org.uk)

- Try to keep your child away from smoke filled environment, do not sleep with your child in your bed or fall asleep with them in a chair.
- If your child falls asleep in a car seat do not leave them in there after the journey ends. Sleeping children in car seats or pushchairs can affect your child's development.
- Discuss any sleep problems your child may be experiencing with their key person. Staff will use the sleep record to state when a child fell asleep at the setting and for how long, as well as any additional comments (See appendix 1). Parents are asked to update staff with any changes to sleep routine or if there are any sleep issues.

What we will do:

- Ensure that there are areas in the environment where children can rest or sleep if they are tired.
- Encourage children to rest/sleep in line with their parent's wishes/routine, although as our primary focus is that of the child, this may not always be possible.
- If a child wishes to sleep, we will provide each child with their own clean bedding.
- Sanitise mattresses after each use.
- Check to make sure hair bobbles, or hair slides are not loose, if they are they will be removed
- We will endeavour to keep the room temperature at 18 degrees centigrade and maintain good ventilation. A Co2 monitor is in the room where children sleep so temperature can be checked.
- Check on sleeping children regularly.
- We will inform you of the sleep/ rest your child has had during their session.
- Provide support for parents/carers who are having difficulty establishing a sleep routine with their child.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Ensuring children are provided with clean bedding where necessary.
- Using bedding/blankets which are clean and of light material. We ensure children are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations.
- Keeping all spaces around sleeping areas clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Transferring any child who falls asleep while being comforted by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We recognise parents' 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. We will not usually wake children from their sleep.**

Where necessary ask parents to discuss their child's sleeping routine with the child's Teacher when the child starts at nursery and this will be reviewed together at timely intervals.

Staff will discuss any changes in sleep routines and share observations and information.

Further information can be found at:

www.lullabytrust.org.uk

[Safe Sleeping - Staffordshire Safeguarding Children Board \(staffsscb.org.uk\)](http://staffsscb.org.uk)

Policy Review:

Issue Date:

Next Review Date:

Sleep Record

Child's name: _____

Date: _____

Time fell asleep	Length of sleep	Additional comments

Date: _____

Time fell asleep	Length of sleep	Additional comments

Date: _____

Time fell asleep	Length of sleep	Additional comments

Date: _____

Time fell asleep	Length of sleep	Additional comments

Date: _____

Time fell asleep	Length of sleep	Additional comments