

# **WILLIAM LILLEY**

## **INFANT AND NURSERY SCHOOL**



## **NURSERY SLEEP POLICY**

### **Autumn 2025**

<b>Governors' Committee Responsible:</b>	<b>Outcomes and Data</b>
<b>Policy Originator:</b>	<b>Sally Beardsley</b>
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## **Contents**

1. Aims
2. Legislation
3. Principles
4. Early Years Responsibilities
5. Governor Responsibilities
6. Parent / carer Responsibilities

## **Appendix 1 – Sleep record**

### **1. Aims**

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.

### **2. Legislation**

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

### **3. Principles**

At William Lilley Infant and Nursery School we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout.
- Communication between the Nursery and the family is promoted and this starts prior to child starting nursery so information shared and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

### **4. Early Years Responsibilities**

The Early Years will ensure that anyone who supports a child sleeping or resting in EYFS is an employee of the nursery or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep. The Early Years 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. The early Years will act according to William Lilley Infant and nursery School 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. William Lilley Early Years will ensure that suitable facility and equipment are provided or designated places for sleep and rest.

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 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 we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the home visit record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer. Written records are kept of all support for sleeping in a monitoring record for all children within the week. The record sheet for this can be seen within Appendix 1.

Safer sleeping guidance will be used to support in ensuring good sleep hygiene with our EYFS children

- The nursery has a 'Sleep Chart' document for children within the two year old group
- They are monitored every 10/15 minutes during their sleep time. This is signed by the member of staff at each interval.
- A member of staff is present at all times with children when they are sleeping / resting.
- Children that have medical conditions, certain emotional needs or sleep training programmes, the parent should discuss this with the Key Person.
- All play rooms are well ventilated, with room's temperatures of 16-22c (recommended guidelines); however this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in rooms to ensure temperatures are monitored and this information will be used to report temperature concerns to senior leaders
- Children within the two year old group sleep on sleep mats and are encouraged to sleep on their backs.
- Nursery staff will discourage children regularly sleeping in pushchairs
- Staff will ensure children are not hot or cold
- Light bedcovers may be used if appropriate and are firmly tucked in and no higher than the child's shoulders, thus preventing them wriggling under the cover.
- Mats are not placed by radiator or window.
- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- Sleep mats are regularly checked for any signs of damage.
- After each sleep the mat is wiped down.
- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- The EYFS states that children should be fully supervised at all times when eating, this includes when drinking milk from a bottle. Children should not be left to fall asleep alone with a bottle or cup.
- All children's mouths are checked before going to sleep.
- Studies have shown that the use of dummies can reduce the risk of SIDS, however any dummy clips, chains or bibs should be removed during sleep time.
- All settings should be smoke free (including e-cigarettes and vaping), where staff smoke on breaks they should have a change of clothes and wash their hands before going back to the children. Staff should wait for 30 minutes after smoking before holding babies or children, even with a change of clothes.
- Staff are aware of the safer sleep practice, which your setting promotes.

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 safer sleeping guidelines above will be adhered to. We will not carry out requests of parents/carers if they feel that it could put the child in any danger. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them. 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. 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.

### **Early Years 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 at nursery. Parents will be provided with information or signposted to support such as Health visitors and the Family Hub.

### **Early Years staff responsibilities in supporting positive self esteem**

Early Years staff will work with the child to promote a positive self-esteem and independence with sleep as far as is appropriate and practical. 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. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

### **5. Governor Responsibilities**

To ensure sufficient staff are trained to meet early years ratios and the developing needs of young children. The governing body will ensure this policy is monitored and reviewed at least every three years.

### **6. Parent/ Carer Responsibilities**

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years 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. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support. Parents/carers must ensure that the Early Years always has their emergency contact details.

## Appendix 1 – safer sleeping record

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