

## Nursery Sleep Policy

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| <b>Date Agreed:</b>    | <b>27/04/2026</b> |
| <b>Review Date:</b>    | <b>27/04/2027</b> |
| <b>Type of Policy:</b> | <b>School</b>     |

| Revision Number | Date Issued | Prepared by | Approved | Comments   |
|-----------------|-------------|-------------|----------|------------|
| I               | 27.04.26    | LE          | 27.04.26 | New policy |
|                 |             |             |          |            |

| <i>Type of Policy</i>      | <i>Tick ✓</i> |
|----------------------------|---------------|
| DCAT Statutory Policy      |               |
| DCAT Non-statutory Policy  |               |
| DCAT Model Optional Policy |               |
| Academy Policy             | ✓             |
| Local Authority Policy     |               |

## **1. Aims**

This policy applies to children aged **2 years and above**, which reflects the age range of children attending the nursery.

This policy aims to ensure that:

- Safer sleep guidelines are followed in line with the latest government safety guidance.
- Children have a calm and safe space to get adequate sleep and rest.
- Staff follow procedures to promote safe sleep and rest and to reduce risks associated with sleeping children.

## **2. Legislation and statutory guidance**

This policy complies with NHS safer sleep guidance and the Early Years Foundation Stage (EYFS) statutory framework.

## **3. Safer Sleep Procedures**

- Children are always within sight and hearing of staff while sleeping.
- Sleep checks are carried out every 10 minutes and recorded on a sleep sheet.
- Children sleep on individual sleep mats.
- The sleep environment is maintained to be comfortable and safe, ensuring children do not become too hot or too cold.
- Individual bedding is washed fortnightly.
- Sleep session timings are shared with parents on a child-by-child basis, via our parent communication app when requested.
- Children do not sleep in pushchairs at any time.
- Children are supported to rest in a safe and comfortable position appropriate to their age and development. Any agreed alternative arrangements are discussed with parents and documented.
- Mattresses are regularly checked, cleaned and aired.
- Staff are responsible for actively supervising and ensuring children sleep safely at all times.
- Comforters from home are stored in children's individual bags.
- No bottles are given during sleep times.

## **4. Partnership with Parents/Carers**

- Sleep information is gathered through the All About Me document or via the Class Dojo App (including translation of home language)
- Parents are expected to inform staff of any changes to their child's sleep routines.
- Staff will follow agreed parental guidance for sleep duration; however, professional judgement will always be used in the child's best interests. Children will not routinely be woken before 30 minutes unless required for wellbeing.

## **5. Role of Staff**

All staff are trained in safer sleep guidance. Oversight and monitoring of safer sleep practice is provided by the Headteacher and Senior Leadership Team, with support from the school's EYFS Lead.

## **6. Monitoring Arrangements**

This policy will be reviewed annually, and sooner if there are changes to national safer-sleep guidance or EYFS requirements.