

Beetley and District Preschool

Registered Charity: 1181636

SAFEGUARDING

Sleeping Children

Policy Statement

At Beetley and District Preschool, we recognise that children's sleep and rest needs vary greatly, particularly in the early years. Adequate rest is essential to every child's health, wellbeing, and development. This policy outlines how we ensure all children have opportunities to rest or sleep safely and comfortably according to their individual needs and parental preferences.

Purpose

The purpose of this policy is to:

- Provide a consistent approach to meeting individual sleep and rest needs.
- Ensure that all children sleep and rest in a safe, supervised, and comfortable environment.
- Outline staff responsibilities in carrying out and recording regular sleep checks.
- Promote communication and partnership with parents and carers regarding children's sleep routines.

Procedures

Children under the age of four years old have varying sleep patterns and so staff will respect individual routines and offer rest as needed throughout the day. Children are never forced to sleep; however, opportunities for quiet rest will always be available and where possible, staff will follow parents' guidance regarding their child's usual nap times and preferences.

- Each child will be provided with a safe and clean sleep space, using designated sleep mats with clean and individual sheets and blankets for each child, which are washed regularly.
- The room temperature will be maintained at a comfortable and safe level, ensuring good ventilation and low noise.
- A member of staff will remain present at all times during rest periods.

Sleep Checks and Monitoring

Staff will carry out sleep checks every 10 minutes for all sleeping children. Sleep checks are carried out visually and, where necessary, by gently checking breathing and temperature without disturbing the child.

If a child appears unwell, unresponsive or shows irregular breathing during sleep, staff will follow emergency first aid procedures and call for immediate assistance.

Each sleep will be recorded on Famly, noting the times the child fell asleep and their waking time, along with the times and staff members who have checked the child.

Parental Requests

Parents and carers may request that their child sleeps for a specific duration (e.g., one hour maximum). While staff will make every effort to accommodate parental preferences, situations may arise where staff determine that a child requires a longer sleep for their wellbeing. In all cases, the welfare of the child is paramount, and their individual needs will always take priority.

Staff Responsibilities

- Ensure all sleep and rest areas meet safety and hygiene standards.
- Carry out and record sleep checks accurately and consistently.
- Communicate with parents about their child's sleep patterns and any changes observed.
- Staff ratios as outlined in the **Early Years Foundation Stage (2024)** are maintained at all times during rest and sleep periods.

Monitoring and Review

This policy will be reviewed **annually**, or earlier if there are changes to legislation, guidance, or local procedures.

Updates will be shared with staff, parents, and the committee.

- **Policy reviewed on:** 3rd September 2025
- **Next review due:** 3rd September 2026
- **Reviewed by:** Hollie Durrant and Julie East

Date:	Review Date:
Signed:	Signed:
Print Name: (Chairperson)	Print Name: (Manager)