

Watery Lane Preschool

Sleep and Rest Policy



Policy statement

Every child's sleep and rest needs are different. At Watery Lane Preschool we provide flexible opportunities for children to rest or sleep according to their individual needs, age and stage of development. We work in partnership with parents/carers to understand children's usual routines and will always place the child's welfare and best interests first.

Watery Lane Preschool is registered to provide care for children aged 2 years and over and does not admit children under the age of two. The specific EYFS safer-sleep requirements for babies and children under two are therefore not applicable to our provision. We nevertheless follow safe sleeping practice for every child who sleeps or rests while in our care.

Rest and sleep arrangements

A designated rest area with suitable sleep mats is available within Acorns. Children may also be offered a quiet, comfortable place to rest when needed. Sleep equipment is kept clean, checked before use and maintained in good condition.

- Children will never be forced to sleep or deliberately kept awake when they are tired.
- Children will be encouraged to recognise and communicate when they need to rest.
- Children who fall asleep in an unsuitable place will be gently moved to an appropriate safe sleep surface.
- The sleep area will be comfortable and appropriately ventilated, and staff will take care to avoid children becoming too hot.
- Comforters or dummies may be used where these form part of a child's established routine and are considered safe and appropriate for that child.
- Children are allocated individual sleep bedding (bed sheet and blanket) for the week for their naps, these will be stored in individual named sleep drawers. Bedding will be washed at the end of each week or early if required.
- Children are encouraged to support setting up and packing away their sleep space and participate within their sleep routine with support from designated adult to enable independence and recognition of their needs.

Monitoring sleeping children

Sleeping children will remain appropriately supervised and will never be left alone in a separate room. Staff will carry out frequent visual checks, no more than 20 minute intervals to ensure children are safe and well.

- Checks will include observing the child's breathing, sleep position, temperature/comfort and general wellbeing.
- Staff will remain alert to any change in the child's appearance, breathing or responsiveness.
- If there is any concern about a sleeping child, staff will respond immediately, follow paediatric first-aid/emergency procedures where required and inform the parent/carer.
- Sleep and rest will be recorded and shared with parents/carers through Tapestry and/or verbally at collection.

Parents' wishes and individual needs

Parents' wishes and knowledge of their child are valued. Where a parent requests a particular sleep duration or routine, staff will take this into account provided it remains in the child's best interests. A tired child will not be kept awake simply to meet a requested routine.

Where a child has SEND, a medical condition or another need that may affect sleep or rest, arrangements will be agreed with parents/carers and relevant professionals where appropriate. An individual care plan or risk assessment will be completed where necessary.

Staff responsibilities

- Staff will be familiar with this policy and the setting's safer-sleep procedures.
- Staff will follow current EYFS requirements and relevant government safer-sleep guidance applicable to the children in our care.
- Sleep arrangements and equipment will be reviewed where a child's needs change or a concern is identified.
- Any safeguarding concern identified while a child is sleeping or resting will be managed in accordance with the Safeguarding Children and Child Protection Policy.

Legal framework and further guidance

- Early Years Foundation Stage (EYFS) statutory framework for group and school-based providers - effective from 1 September 2026.
- Department for Education safer-sleep guidance for early years providers.

Links to other procedures and documentation

- Health and Safety Policy.
- Safeguarding Children and Child Protection Policy.
- SEND Policy and Administering Medicines Policy, where relevant.

Policy review

This policy will be reviewed annually, or sooner if statutory guidance changes, the needs of the setting change or an incident identifies a need for review.

This policy was adopted at a meeting of Watery Lane Preschool

Held on _____

Signed on behalf of Management Committee _____

Name of signatory _____ Role of signatory _____

Date to be reviewed _____