

Our Lady's Catholic Primary School



**We aspire that through the love of Jesus everyone should
"have life and have it to the full."
Jn. 10v10**

SAFER SLEEPING PRACTICE POLICY

Approved by: School Governors	Date: March 2023
Last reviewed on:	Date: Sept 2025
Next review date:	Sept 2026

Safer sleeping practice Policy

NRSRY_21_01

1. Safer sleep

Our setting doesn't currently offer sleeping facilities and nap time is not included in our time table. However, a 15 mins relaxing time is offered to all children after lunch. Should a child feel tired and request to lay down, or if they fall asleep during an activity, they should be placed on the sleep mattress in the position chosen by the child as all of our children are age 2 and above.

The sleeping mat should be placed on the floor in the quiet room and a member of staff will be staying in the same room at all times with the child/ren. If this causes a ratio issue, some children will be moved to the quiet room.

Sleeping children must be frequently checked to ensure that they are safe, the area where the child is sleeping must be free from toys and objects that could cause any potential discomfort or harm.

If a parent/family requests that their child has a nap/sleep at nursery, we will provide a safe and comfortable area for them with a sleeping mattress and a blanket. 2 years old children will always be offered a nap after lunch if staying for the whole day.

We will suggest/ask the child if they would like to sleep, they will decide if they would like to lie down and or sleep.