




# Nursery Sleep Policy

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**September 2025**

<b>Signed (Chair of Trustees):</b>	
<b>Date:</b>	September 2025
<b>Date of Review:</b>	September 2026

*Arbor Academy Trust reviews this policy annually. The Trustees may, however, review the policy earlier than this, if the Government introduces new regulations, or if the Trust receives recommendations on how the policy might be improved. This document is also available in other formats e.g. e-mail and enlarged print version, on request to the School Offices and is displayed on the schools' websites.*

## **Our Policy**

Children need sleep and rest periods to help with their development. This policy has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep in the Nursery. We are also acutely aware that some children are at the provision for three hours a day, while others spend up to six hours at the school.

All children develop at different rates. As a result, we need to adapt our practice and provision in order to meet these needs throughout the day. As children grow, they usually develop a routine in which they can reduce the length or frequency of daytime sleeps. Children at the Nursery will have the opportunity to rest or sleep if they need or want to. At varied times, the staff will create an environment for the children to rest or sleep, i.e. a quiet area to access a sleep mat/area.

Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will. During initial settling in visits, each child's individual sleeping routines will be discussed as well as any key words a child might display in order to indicate that they need to sleep.

The safety of toddlers' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society to minimise the risk of Sudden Infant Death.

We make sure that:

- toddlers are placed on their backs to sleep; however, once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- toddlers are never put down to sleep with a bottle to self-feed
- toddlers are monitored visually when sleeping
- Checks are recorded every 15 minutes and babies are never left in a separate sleep room without staff supervision at all times
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed

We provide a safe sleeping environment by:

- Monitoring the room temperature to avoid overheating
- Providing a space in the room for a child to lie down
- Having a no-smoking policy