

Sleep Policy

Statement of intent

The importance of sleep encompasses all aspects of healthy growth and development. Infants need adequate sleep so that their bodies grow and their brains function. Sleep is when the body restores itself to be ready for activity and learning when awake.

Aims

- Let a child sleep when they are tired.
- Let a child sleep as long as they need and allow them to wake naturally whenever possible.
- Follow Lullaby Trust's guidelines for safe sleep

Procedure

A child sleeping:

- Staff will follow the child's sleep routine given to us by the parents as much as possible. If this is not possible then we will discuss with them their child's individual needs and how best to manage these while their child is at preschool.
- Ensure that the children have a safe and comfortable environment to sleep in
- If they fall asleep in an area other than a suitable sleep area e.g. garden, etc. move them to the suitable sleep area or ensure that whilst they sleep there they are safe and comfortable.

To minimise the risk of SIDS (Sudden Infant Death Syndrome) the following procedures are followed:

- FSID (The Foundation for the Study of Infant Deaths at fsid.org.uk/) Recommend that babies/toddlers are placed on their backs to sleep, but when toddlers can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep in.
- Should a child fall asleep while being nursed by a practitioner they will be transferred to a sleep mat or suitable area to complete their rest.
- If the child wakes when being transferred into the sleep mat the practitioner will make every effort to try to soothe them back to sleep.
- While monitoring - the staff member will look for the rise and fall of the chest. Check that they are not sweating; if they are, staff will remove some clothing. In this instance it is normal for a child's hands and feet to feel cold. They will also check the child's skin colouring to ensure they are not too hot or too cold.
- Staff must pay particular attention to children who have coughs, colds or respiratory problems.
- Light bedding (cot sheets and cot blankets) will be used, and children will be appropriately dressed to avoid overheating.
- Staff will remove any inappropriate clothing e.g. with strings to prevent choking or strangulation.
- Sleep mats should be away from wires and cords and at least 6.5cm apart from one another.
- Mattresses and sleep mats should be covered in waterproof fabric, wiped after each use with a sanitising solution and should be inspected on a daily basis for any sign of damage to the

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waterproof fabric and if it is cracked, punctured or torn, it should be reported to the Manager and changed as soon as is practically possible.

- There is a No Smoking Policy and staff members who smoke will ensure that their clothes and breath do not smell of smoke whilst at work
- Staff will not force a child to sleep.
- Children should sleep top to toe so that children's head are not near each other's to avoid the spreading of any infections i.e. coughing etc.
- Children should be allowed to take a safe toy or comforter to bed with them.
- Staff should try and keep children in the same places for consistency.
- Where children require physical contact to get them to sleep appropriate gentle contact may be offered i.e. hand holding, stroking face.
- Mats should not block any fire exits
- Try to keep the room temperature between 16 and 20 degrees Celsius.

This policy was agreed by the staff of Playhouse Pre-school Broadwater.

Adopted on 23rd April 2015 and will be reviewed annually.

Reviewed on 11th November 2025 by Z. Munford