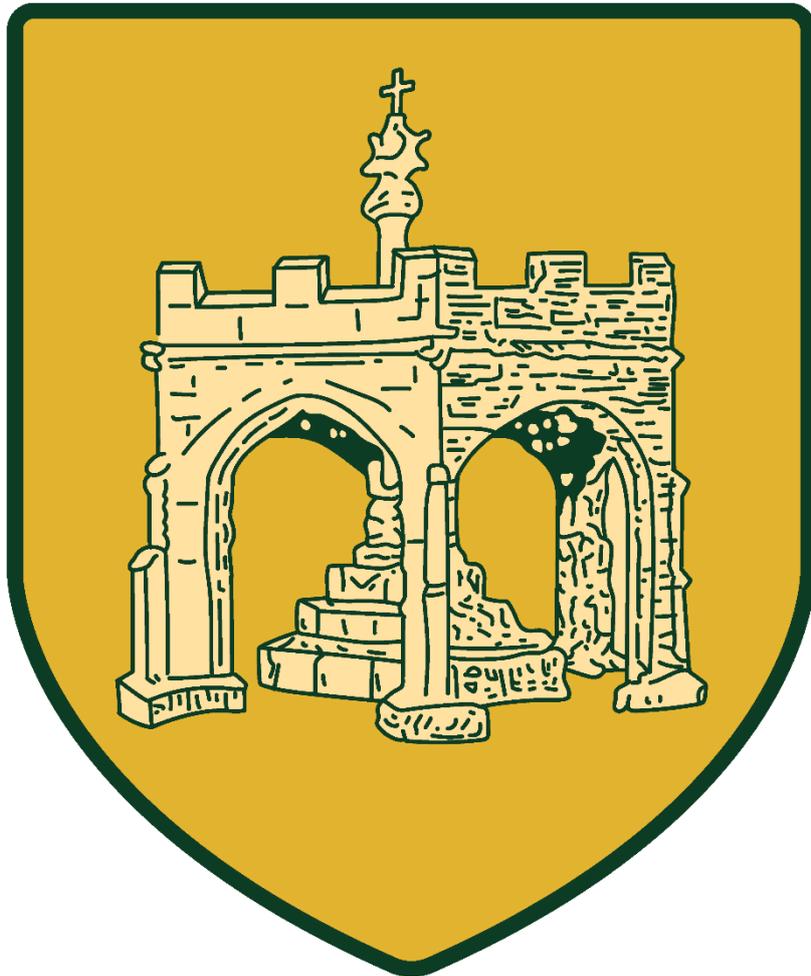




Cheddar First Preschool

Where Every Child Is at the Heart

Prime Times – Sleep and Rest



Date Agreed	30 th January 2026
Review Date	30 th January 2027

Policy Statement

Sleep and rest times are key moments in the day for building secure attachments and promoting emotional wellbeing. Younger children require more sleep, while older children may not. No child is made to sleep, and all routines respect individual needs.

Babies under one year

- Babies have a designated sleeping space and personalised bedding (top and bottom cotton sheets, cotton blanket or polyester-filled duvet). Pillows are not used.
- Each baby has a personal space for clothes and a comforter or toy if needed.
- Babies are prepared for sleep by their key person: nappies changed, heavier clothing removed.
- Babies are soothed to sleep by their key person. Distressed babies are comforted gently using stroking or patting.
- The sleep area is kept quiet, with soft music and curtains drawn as appropriate.
- Sleeping babies are checked at least every ten minutes, with time and initials recorded by staff.

Children over two years

- Children sleep on rest mats with personalised bedding.
- Each child has a labelled space or basket for clothes, shoes, and comfort items (toy or book). A photo label may be used to aid identification.
- Nappies are changed, heavier clothing removed, and loose hair accessories are removed to reduce risk.
- Sleep areas are kept quiet, with soft music or drawn curtains as appropriate.
- Children are settled and comforted by their key person. Gentle stroking or patting is used if needed.
- If children fall asleep in-situ (e.g., buggy or bouncy chair), they are moved or woken safely to ensure comfort and safety.
- Sleeping children are supervised at least every ten minutes and remain within sight and/or hearing of staff.

Young children (general guidance)

- Young children sleep on rest mats with personalised bedding.
- Each child has a personal space for clothes, shoes, and comfort items.
- Nappies and heavier clothing are removed prior to sleep.
- Hair accessories that may detach and pose a choking hazard are removed.
- Sleep areas are kept quiet; soft music and drawn curtains may be used.
- Children are soothed to sleep by their key person, who may gently stroke or pat them.
- Sleeping children are supervised at all times, within sight and/or hearing of staff.

Additional guidance

Safer Sleep for Babies – Lullaby Trust: www.lullabytrust.org.uk/safer-sleep-advice

This policy should be read alongside the Sleep and Rest Policy.

This policy is reviewed annually and updated in line with current legislation, statutory guidance, and best practice.