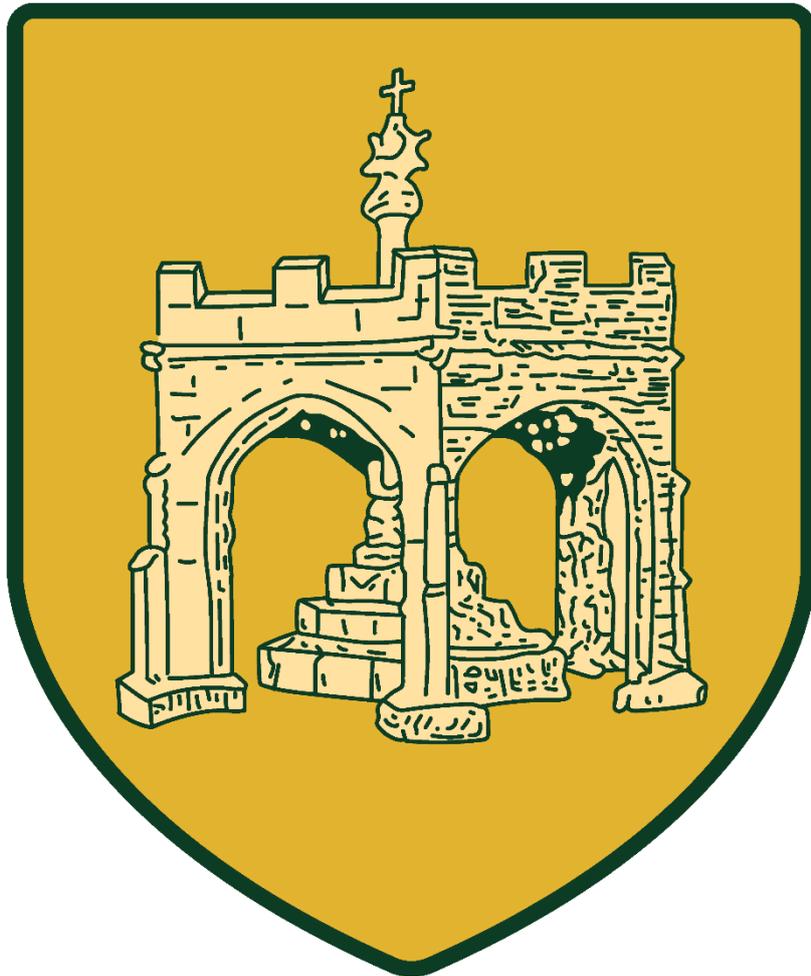




Cheddar First Preschool

Where Every Child Is at the Heart

Sleep and Rest Policy



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

Policy Statement

At Cheddar First Preschool, we recognize that children may become tired during the day. We provide opportunities for all children to rest or sleep in a safe, nurturing environment. Our approach respects individual needs, parental preferences, and aligns with the Early Years Foundation Stage (EYFS) 2021 statutory framework and guidance from Ofsted and the Lullaby Trust for safe sleeping.

Purpose

- Ensure all children get the sleep and rest they need while in our care.
- Promote safe and developmentally appropriate rest and sleep practices.
- Respect parental preferences regarding sleep routines, where safe.
- Provide a calm, comfortable environment for rest.

Principles

- Child welfare and safety are paramount
- Every child's sleep and rest needs are unique.
- Comfort items (blankets, soft toys) are encouraged for reassurance.
- Staff must not force children to sleep or keep them awake against their will (EYFS 3.6).
- All sleep practices must follow current UK safe sleep guidance (NHS/Lullaby Trust) to minimize SIDS risk.

Parental Involvement

- On enrolment, parents/carers complete an "All About Me" form detailing the child's sleep routine.
- Updates can be made via Tapestry throughout the year.
- Any unusual sleep requests (e.g., tummy sleeping) must be documented and signed by parents. Staff will explain potential safety risks.
- Staff work in partnership with parents to monitor and record sleep pattern.

Safe Sleeping Guidelines (Babies & Young Children)

- Place babies on their backs in a cot, feet to foot.
- Room temperature 16–20°C, well-ventilated.
- Sheets or blankets must not tangle; avoid large soft toys.
- Comforters may be used if the child normally has one.
- Regular checks every 10 minutes; visual monitors are supplementary only.
- Follow Lullaby Trust and NHS safer sleep advice.

Procedures for Babies

Preparation for Sleep:

- Clean nappy, clean hands/face
- Remove outer clothing and bibs

- Fed or offered a drink
- Comforter if needed
- Not too warm

Settling Babies:

- Move to a quiet area (story, cuddle).
- Assist using gentle techniques (patting, rubbing tummy).
- Use chair/floor seating to avoid staff strain.
- If baby does not sleep within 15 minutes, try later in consultation with parents.
- Babies who fall asleep in staff arms must be safely placed in the cot.

Clothing and Hygiene:

- If asleep before nappy change, loosen clothing and note staff to change on waking.

Cot Maintenance:

- Cots cleaned regularly; screws/bolts checked periodically.

Procedures for Older Children

- Children have flexible rest periods as needed.
- Quiet spaces provided: mats, cots, books.
- Staff cannot force sleep; parental preferences respected, where safe.
- Sleep frequency and duration may naturally decrease with age.

Sleep Monitoring

- Check sleeping children every 10 minutes.
- Checks include:
 - Hand on chest or near mouth to feel breathing
 - Skin colour and comfort
 - Blankets not wrapped around child
 - Room temperature safe (16–20°C)
- Record all checks in sleep monitoring charts, signed by staff.
- Record sleep/rest in Tapestry Care Diary

Emergency Procedures

- Call another staff member and supervisor if concerned.
- Follow First Aid Policy.
- Call 999 if the child:
 - Stops breathing or turns blue
 - Struggles to breathe
 - Is unconscious or unresponsive
 - Will not wake

- Has a first-time seizure
- Notify parents immediately after emergency.
- Record incidents as per safeguarding procedures.

Documentation

- All About Me forms: Sleep routines at enrolment.
- Tapestry Care Diary: Daily sleep recording.
- Sleep Monitoring Charts: 10-minute checks during sleep periods.

Key Staff Responsibilities

- Follow EYFS, Ofsted, and Lullaby Trust guidance.
- Respect individual sleep needs and parental preferences.
- Maintain safe sleep environment and regular monitoring.
- Communicate concerns promptly with supervisor and parents.
- Create a calm and comfortable environment for rest.

This policy should be read alongside Prime time - Sleep and Rest.

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