



Hayes Meadow Sleep Policy



1. Aims

Our sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at Hayes Meadow within our Nursery class, Preschool class, Reception class or SEND hub.

2. Legislation

This policy is based on requirements set out in the 2025 statutory framework for the Early Years Foundation Stage (EYFS).

3. Principles

At Hayes Meadow we promote healthy and safe practices in helping children sleep and rest.

We will ensure that:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met
- Children in nursery (under 3 years of age) have a dedicated quiet area, away from radiators with anti-ligature blinds. Children in preschool and reception have access to a quiet corner.
- Children's right to health, safety and wellbeing are met
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout
- Communication between the school and the family is promoted and this starts prior to children starting at Hayes Meadow so information is shared, and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

4. Early Years Responsibilities

The Early Years will ensure that anyone who supports a child sleeping or resting at Hayes Meadow within our Nursery class, Preschool class, Reception class or SEND Hub is an employee of the school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep. Personal and sensitive information will only be shared with those who need to know. All staff will know and adhere to our safeguarding policy and procedures and all have their own log ins to My concern where they will record any concerns for the child's wellbeing, all staff are aware of who to report safe guarding concerns to Mrs Sivieri DSL, Mrs Morgan DDSL or Mrs Gilbert DDSL.

At all times the child's safety, dignity and wellbeing is promoted. Hayes Meadow will ensure that suitable facilities and equipment are provided or designated places for sleep and rest. Hayes Meadow staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and school. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in school. Prior to starting Hayes Meadow we discuss children's sleeping needs and routines with families to provide consistency for the child. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Sleeping children will be monitored by staff every 10 minutes. The time a child is put down to sleep, when they wake and ten minute monitoring checks are recorded by staff. This information is available to parents/ carers at all times and will be checked periodically by the Early Years Leader Mrs Nicola Morgan. (Appendix 1 Hayes Meadow Sleep check).

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of parents' wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought e.g. Children going to sleep with bottles. We

will not carry out requests of parents/carers if they feel that it could put the child in any danger. Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health. Staff will encourage children to sleep in designated areas or quiet areas. Nursery promotes the use of sleeping mats for sleeping for children. If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them. Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers. Nursery staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

4.1 Early Years responsibilities for supporting parents with children's sleep.

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery. Parents will be provided with information or signposted to support such as Health visitors.

4.2 Early Years staff responsibilities in supporting positive self-esteem

All staff at Hayes Meadow will work with children to promote a positive self-esteem and independence with sleep as far as is appropriate and practical. All staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

5. Governor Responsibilities

To ensure sufficient staff are trained to meet early years ratios and the developing needs of young children. The governing body will ensure this policy is monitored and reviewed at least every three years.

6. Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be kept in the child's locker and labelled with the child's name where possible.

Parents/carers must ensure that the nursery always has their emergency contact details.

7. Safe sleep guidelines

When supporting children who need to sleep nursery staff will ensure the following: The Sleep Environment: - The temperature of the room in which a child sleeps should be between **16 and 20 degrees Celsius**. - The room should be effectively ventilated - Children in the nursery will be placed in on a sleep mat which will be clear of toys.

Sleep positioning: - **The child should be placed on their back.** - If children get themselves into a different position while they are asleep, this is fine. - Some infants have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his /her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position. Clothing and blankets: - Children will be put down in their clothes, but heavier clothing such as jeans, jumpers, cardigans, bibs, and any unnecessary layers will be removed. - Children will never be put down with a hat on.

- Babies under one will be put to sleep in a sleeping bag, or with a cellular blanket. - Children over one will be put to sleep with a blanket.

Health and safety procedures: When supporting children who require a sleep staff will ensure the following health and safety measures are followed: - Sleep mats are cleaned with antibacterial wipes once a child has been removed. - Blankets are removed and washed after every use on sleep mats. - Clean blankets are stored in the nursery office. - Torn or ripped blankets are removed immediately and replaced.

[Safer sleep information](#) | [The Lullaby Trust](#)



Safer Sleep Awareness booklet



Safe Sleep Campaign - Staffordshire and Stoke-on-Trent, ICS

[Your child 0-5 years :: Midlands Partnership University NHS Foundation Trust](#)

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