



Laugh and Learn Pre-School

Sleep and rest Policy

Policy Reviewed: _____

Next Review Due: _____

Policy Statement

Laugh and Learn Preschool recognises that sleep and rest are essential to children's health, wellbeing, development and learning. We are committed to ensuring that all children are provided with safe, appropriate and responsive sleep and rest opportunities in line with their individual needs and the **EYFS Safeguarding and Welfare Requirements**.

Aims of the Policy

- To ensure children sleep and rest safely at all times
- To reduce risks associated with sleeping, including Sudden Infant Death Syndrome (SIDS)
- To ensure parents/carers are informed and give consent for sleep arrangements
- To ensure staff follow consistent, safe sleep practices

Sleep Arrangements

- Children who require sleep or rest are supported according to their age, stage of development and individual needs
- Some children may nap in **pushchairs**, as agreed with parents/carers
- Pushchair sleep takes place in the **office**, which is a calm, monitored area
- Sleeping arrangements are reviewed regularly and adapted as children's needs change

Safe Sleep Practices

To ensure children sleep safely, staff will:

- Always place children **on their backs** to sleep
- Ensure pushchairs are **fully reclined** into a safe sleeping position as much as the pushchair provided by parents allows.
- Use pushchair **harnesses correctly**
- Ensure any blankets and comforters are not near the face.,
- Ensure children are dressed appropriately to prevent overheating.
- Apply pushchair **brakes** and position pushchairs on a flat, stable surface
- Keep sleeping areas well ventilated and at a comfortable temperature

Supervision and Monitoring

- All sleeping children are **checked visually every 10 minutes**

- Checks include monitoring breathing, position, comfort and wellbeing
- Sleep checks are **recorded** in line with setting procedures which is in the diary stored in the medicine box.
- Sleeping children are never left unattended for extended periods
- At least one member of staff with **paediatric first aid training** is always on site

Individual Needs and Medical Requirements

- Individual sleep needs are discussed with parents/carers prior to them starting.
- Any medical needs or specific sleep requirements are documented and discussed with parents.
- Staff respond promptly if a child shows signs of distress, illness or discomfort

Partnership with Parents/Carers

- Parents/carers are fully informed of sleep arrangements.
- Written **parental consent** is obtained for children sleeping in pushchairs
- Parents are encouraged to share changes to routines or sleep needs
- Any concerns are discussed and reviewed collaboratively

Staff Responsibilities

- All staff are familiar with and follow this policy
- Staff receive guidance on safe sleep practices as part of induction
- Any concerns regarding a child's sleep are reported to the manager immediately (Jess Fedarb or Sharon Bennett)

Risk Assessment and Review

- A written **risk assessment** is in place for sleep arrangements
- Risk assessments are reviewed regularly and updated as required
- This policy is reviewed at least annually or sooner if guidance changes

Legal Framework

This policy is informed by:

- **Early Years Foundation Stage (EYFS) Framework**
- **Safeguarding and Welfare Requirements**
- **Public Health England Safe Sleep Guidance**

Manager / Provider Name: _____

Signature: _____

Date: _____

