

Sleep Policy

November 2024

Aims

The 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 nursery.

Legislation

This policy is based on requirements set out in the 2024 statutory framework for the Early Years Foundation Stage (EYFS).

Principles

At Domino Pre-School we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- 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's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout.
- Communication between the Nursery and the family is promoted and this starts prior to child starting nursery so information 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.

Procedures

Domino Pre-School will ensure that anyone who supports a child sleeping or resting in the setting is an employee of the nursery or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

We will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

We will act according to Domino Pre-School's safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

Domino Pre-School will ensure that suitable facilities and equipment are provided and there is a designated place for sleep and rest. Children will have their own sleeping/bedding set each week, which is laundered as required, but at least once a week.

They will not be permitted to use bedding that has been used by another child. There are spares if necessary.

Children will sleep at the same time, after lunch until 2pm.

We work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years. 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 nursery. Prior to starting nursery we discuss children's sleeping needs and routines with families to provide consistency for the child. We ask that parents try and get their children used to this routine before they settle into the setting to make the settling process smoother. The child's key practitioner will explain the sleeping arrangements to the new families.

Written records are kept of all support for sleeping. 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 Nursery Managers/ Deputy

Managers. Staff complete a 'Care Diary' on Tapestry for families to see when their child has slept.

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.

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.

We will work with the child to promote positive self- esteem and independence with sleep as far as is appropriate and practical. Domino 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.

If a child does not fall asleep after 15minutes of staff trying to put them down, they are returned to the main room for play. The care diary will detail the attempt to sleep and that the child didn't on that day. This may become more frequent as the child develops and is getting to the stage between needing a nap and not needing a nap.

Management 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.

That staff know the safeguarding policies and procedures for the setting and how these might apply to sleeping routines in the setting.

Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Domino Pre-School and as the child develops, so the child's needs can be met. This includes information about 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 dummy then this must be stored in a sealed bag/pot labelled with the child's name in their bag.

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

Version	Changes made	Author	Date	Review Date
1.0	Baseline version	H Clarke	18 th November 2024	September 2025