EYFS SLEEP AND REST POLICY

September 2026

CAPTAIN WEBB PRIMARY SCHOOL

EARLY YEARS

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1. Aims

This 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 attending Captain Webb Primary School Early Years Provision.

The policy seeks to:

- Promote safe, healthy and developmentally appropriate sleep and rest practices.
- Ensure all children's individual sleep needs are recognised and met.
- Safeguard children while sleeping or resting in the setting.
- Promote partnership working between families and the Early Years team.
- Support children's emotional wellbeing, independence and self-regulation.
- Ensure staff understand their responsibilities in providing safe sleep arrangements.

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2. Legislation

This policy is based upon:

- The Statutory Framework for the Early Years Foundation Stage (EYFS) (2026).
- The safeguarding and welfare requirements of the EYFS.
- Current safer sleep guidance for early years providers.

The setting acknowledges the strengthened EYFS requirement for safer sleep practices to be embedded within policies and daily practice. [help-for-e...ion.gov.uk], [gov.uk]

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3. Principles

At Captain Webb Primary School Early Years Provision, we promote healthy, safe and responsive approaches to sleep and rest.

We will ensure that:

- Supporting children's sleep and rest is the responsibility of all appropriately recruited, vetted and trained staff.
- Children's individual sleep patterns, routines and developmental needs are identified and respected.
- Children's health, safety, dignity and wellbeing remain paramount.
- Family and cultural preferences are considered wherever possible.
- Sleep and rest are positive experiences for children and families.
- Effective communication between home and nursery is established before admission and maintained throughout a child's attendance.

- Consistency of care is promoted between home and the setting.
- Children have access to a calm, safe and comfortable sleep environment.
- Families are provided with information or signposted to appropriate services where sleep difficulties are affecting a child's wellbeing.
- Sleeping children are supervised at all times and monitored regularly.
- Children's faces remain uncovered during sleep and steps are taken to reduce the risk of overheating. [help-for-e...ion.gov.uk], [gov.uk]

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4. Early Years Responsibilities

The Early Years Team will ensure that anyone supporting a child to sleep or rest:

- Is employed by the school or authorised to work within the provision.
- Has completed all relevant safeguarding and suitability checks.
- Understands safer sleep procedures and their responsibilities.
- Maintains confidentiality regarding children and families.

The Early Years Team will:

- Act in accordance with the school's Safeguarding and Child Protection Policy.
- Promote children's safety, dignity, privacy and wellbeing at all times.
- Provide suitable sleeping facilities and equipment.
- Undertake regular risk assessments of sleeping areas and sleep equipment.
- Work closely with parents and carers to establish sleep routines and preferences.
- Record and review children's sleep arrangements.
- Ensure staff understand the signs of tiredness, illness or distress and respond appropriately.

Prior to admission, staff will discuss:

- Children's sleep routines.
- Comfort items.
- Cultural preferences.
- Health considerations.
- Any existing sleep concerns.

Information will be recorded within the child's "All About Me" documentation and reviewed regularly with families.

Monitoring Sleeping Children

- Children who are sleeping will be checked at least every 10 minutes.
- A member of staff will remain within sight or hearing of sleeping children at all times.
- Staff will record:
    - Time sleep commenced.
    - Ten-minute wellbeing checks.
    - Time the child woke.
    - Any concerns or observations.
- Sleep records will be monitored periodically by Nursery Leaders and senior staff.

This information will be available to parents and carers upon request.

Safe Sleep Practices

Staff will ensure:

- Children sleep on suitable nursery beds, cots or sleep mats appropriate to their age and size.
- Sleep environments are calm, comfortable, clean and well ventilated.
- Children's faces remain visible and uncovered.
- Bedding is appropriately fitted and maintained.
- Children are dressed appropriately for the room temperature.
- Sleep equipment is maintained in safe working order.
- Bottles are not provided during sleep due to choking risks and poor dental health outcomes.
- Any child who falls asleep unexpectedly is made safe and comfortable and monitored closely.

Where parental requests conflict with safeguarding, welfare or safer sleep requirements, the Nursery Manager will discuss alternatives with the family. The setting will not follow requests that may place a child at risk.

Children will not normally sleep for periods exceeding 1½ hours unless agreed with parents or required due to individual circumstances.

The setting will take account of religious beliefs, cultural values and individual family practices wherever these remain consistent with children's safety and wellbeing.

4.1 Supporting Parents with Children's Sleep

Some families may find establishing healthy sleep routines challenging.

Where appropriate, staff may:

- Offer practical guidance.
- Share information regarding healthy sleep habits.
- Signpost families to Health Visitors, School Nursing Services, GPs or other relevant agencies.
- Work collaboratively with parents to develop consistent sleep routines supporting the child's wellbeing.

4.2 Promoting Positive Self-Esteem and Independence

Early Years staff will:

- Support children to develop confidence and independence around rest and sleep routines.
- Approach children calmly and sensitively.
- Be responsive to signs of tiredness.
- Encourage children to prepare for rest independently where developmentally appropriate.
- Offer reassurance, comfort and praise during sleep routines.
- Celebrate children's growing independence and self-regulation skills.

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5. Governing Board Responsibilities

The Governing Board will:

- Ensure sufficient staffing is available to meet EYFS requirements and children's needs.
- Support the provision of appropriate sleeping facilities and resources.
- Ensure this policy is implemented effectively.
- Monitor compliance through leadership reports and safeguarding procedures.
- Review this policy annually, or sooner if legislation or statutory guidance changes.

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6. Parent and Carer Responsibilities

Parents and carers must:

- Provide accurate information regarding their child's sleep needs and routines.
- Inform staff of any changes that may affect their child's sleep.

- Share details of any medical conditions, professional involvement or sleep-related concerns.
- Provide named comfort items, where required, in a clean, labelled container or bag.
- Work collaboratively with their child's Key Person to maintain consistency between home and nursery.
- Ensure emergency contact details remain up to date at all times.

Appendix 1: Sleep Environment and Equipment

When supporting children to sleep or rest, staff will ensure the availability of:

- Individual low-level nursery sleep beds or sleep mats.
- Fitted sheets and clean bedding.
- Individual bedding storage arrangements.
- A designated sleep area within the 2/3-year-old provision.
- Quiet rest areas within the 3/4-year-old provision and Reception classes.
- Appropriate lighting and room temperature.
- Good ventilation.
- Regular cleaning and sanitising of sleep equipment.
- Age-appropriate comfort items supplied by parents where agreed.

All sleep equipment will be checked regularly and removed from use immediately if any defect or safety concern is identified.

Policy Review Date: September 2027
Next Review: Annually or following changes to EYFS statutory guidance.