

Maidensbridge Primary School

Pre-school Sleep Policy



Policy Date	Review	Written By
September 2025	September 2026	G Morgan
Version 2		

Aims of the Policy

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 Pre-School.

Legislation

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

Principles

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

We will ensure:

- Anyone who supports a child sleeping or resting in pre-school is an employee of Maidensbridge and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Sleeping and resting in pre-school is a positive experience, both the child and the family feel supported throughout.
- Communication between the pre-school and the family is promoted and this starts prior to child starting pre-school so information shared and routines established and agreed.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

Pre-School Responsibilities

Pre-School 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. Pre-School will act according to Maidensbridge 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.

Pre-School will ensure that suitable facility and equipment are provided or designated places for sleep and rest.

Pre-School 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 the setting. 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 pre-school. Prior to starting, children's sleeping needs and routines will be discussed with parents/carers to provide consistency for the child.

A written record is 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 EYFS phase leader. Staff will always try to take account of Parents wishes when dealing with sleeping children. We will not carry out requests of parents/carers if they feel that it could put the child in any danger. 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.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light cushions/blankets and ensuring children are appropriately dressed for sleep to avoid over-heating.
- Keeping all spaces around the child clear from objects that may fall and away from children's play.
- Transferring any child who falls asleep while being cuddled by a practitioner to a safe sleeping surface to complete their rest.
- Staff will encourage children to sleep in designated areas or quiet areas.

Pre-School 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 Pre-School. Parents will be provided with information or signposted to support such as Health visitors.

Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Pre-School 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. Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Unwell children

Children who are unwell will be given the highest supervision priority and monitored constantly. The Pre-School will phone contact number 1 to request that the child be collected as soon as possible. The child's temperature will be taken regularly to avoid over-heating.