

Sleep Policy

At The Square Nursery School, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of young children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

- Toddlers are never put down to sleep with a bottle to self-feed
- Toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Checks are recorded every 10 minutes

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding or blankets and ensuring young children are appropriately dressed for sleep to avoid overheating
- Only using suitable sleep mats and equipment that are compliant with British Standard regulations
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every toddler is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
- Cleaning all bedding regularly
- Having a No smoking/vaping policy.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a child has an unusual sleeping routine, we will explain our policy to the parents and work together to meet the child's needs whilst they are at nursery.

Staff will not force a child to sleep or keep them awake against his or her will.

We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

This policy was adopted on	Signed on behalf of the nursery	Date for review
13 th September 2025	Zoey Gordon	September 2026

This policy has been read and understood by the following staff members:
