



Ladybirds Preschool Sleep & Rest Policy

(Revised 1st December 2025)

Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS).

Quality and Consistency.

A Secure Foundation.

Partnership Working.

Equality of Opportunity.

Unique Child Positive Partnerships Enabling Environment Learning and Developing

Introduction

At Ladybirds preschool, we recognise the critical role of sleep in supporting children's **emotional well-being, cognitive development, and physical growth**. Quality rest is essential to children's overall health and development.

We are committed to creating a **safe, nurturing, and responsive sleep environment**, in partnership with parents and carers, and in line with guidance from:

- The Lullaby Trust
- NHS Safer Sleep Advice
- EYFS Statutory Framework (Revised September 2025)
- Local safeguarding procedures

The safety of every child is paramount during sleep and rest periods.

Safe Sleep Practice:

To reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related risks, we adhere to the following evidence-based practices recommended by The Lullaby Trust/NHS safer sleep guidance:

Before sleep/rest:

Staff ensure that:

- The child has had a fresh nappy and is clean and comfortable.
- Outer clothing (thick coats, cardigans, hoods, etc.) is removed to avoid overheating.
- The child has had a drink or feed, as appropriate.
- Bibs and hoods are removed prior to sleep.
- The room temperature is appropriate (ideally 16–20°C), with thermometers used to monitor this.

- The room is well ventilated with good air flow
- Soft lighting, white noise, or gentle lullabies may be used to create a calm environment.

During sleep:

- Children are provided with individual, clean bedding. Bedding from “silent night-safer nights baby” breathable fabric to keep children and babies cool (OEKO-TEX certified)
- Children are always placed on their back to sleep (any child who only sleeps on their front will be supervised thoroughly and when in a deep sleep will be gently turned on to their back for a safer sleep position in line with the latest government safety guidance.
- Children will be placed in the “feet to foot position” with their feet touching the end of the sleep mat
- Sleep mats or approved cots are used—bouncy chairs and car seats are never used for sleep.
- Comforters, such as dummies or soft toys, may be used if agreed with parents to help settle children to sleep and then removed
- Children are not left to cry alone—staff respond promptly to soothe and comfort.
- Children are regularly monitored and checked visually every 5 to 10 minutes, or more frequently if needed, which is recorded on a sleep record book.
- Staff ensure no blankets, muslins, or items cover a child’s face or head at any time.
- Monitoring includes checking for normal breathing, colour, position, temperature and overall well-being

Parental Preferences & Sleep Restrictions

We value working in partnership with parents and will always discuss sleep routines during settling-in sessions and ongoing key-person meetings.

- If parents request no sleep, we will distract and gently discourage the child from sleeping but will never physically prevent sleep (e.g., by waking or keeping the child upright).
- If a child falls asleep despite efforts, we will allow a minimum of 45 minutes rest, supporting the child’s natural rhythm.
- Children who do not wish to sleep will never be forced to. Instead, they will be offered quiet and calm activities during rest time.

Waking Children Gently

If parents request a maximum sleep time, we will attempt to wake the child gradually and respectfully:

- Lights may be gently brightened.
- Blankets may be lightly removed.
- Soft verbal prompts or the child's name may be used.
- Children are never physically woken by lifting or shaking.

We aim to allow children to wake naturally, where possible, to prevent distress and ensure emotional security.

Additional Safeguarding Measures

- Staff are trained in safe sleep practice during induction and updated as part of regular safeguarding and health & safety training.
- Sleep areas are regularly cleaned and inspected for hazards.
- All sleep equipment is BS EN compliant (British Standards) and in good condition.
- A Designated Safeguarding Lead (DSL) is notified of any incidents, injuries, or concerns during sleep.

Other Related Policies & Procedures

The following policies provide additional information regarding the safeguarding and welfare of the children in our care:

- *Anti-bullying Policy*
- *Children's Records Policy*
- *Children's Rights and Entitlement Policy*
- *Confidentiality & Client Access Records Policy*
- *Diversity & Equality Policy*
- *Emergency Closure Policy*
- *E-safety Policy*
- *EYPP Policy*
- *First aid Policy*
- *Health & Safety Policy*

- *Infection Control Policy*
- *Key Person & Settling In Policy*
- *LADO Policy*
- *Lockdown Policy*
- *Looked After Children Policy*
- *Managing Children & Staff with Allergies Policy*
- *Mobile, Camera & Social Media Policy*
- *Nappy Changing Policy*
- *No Smoking Policy*
- *Outdoor Play Policy*
- *Outings & Visits Policy*
- *Parent Involvement Policy*
- *Parents Alcohol & Drug Misuse Policy*
- *Photography & Video Policy*
- *Physical Contact & Handling Policy*
- *Prevent & British Values Policy*
- *Positive Behaviour Policy*
- *Recording & Reporting of Accidents & Incidents Policy*
- *Safeguarding Policy*
- *Security Policy*
- *Special Needs & Inclusion Policy*
- *Staff Alcohol & Drug Policy*
- *Staff Behaviour Policy*
- *Toileting Policy*
- *Transfer of Records Policy*
- *Uncollected or Lost Children Policy*
- *Vaccination Policy*

This policy will be monitored and evaluated at committee meetings. It will be reviewed annually and unless new legislation or an incident occurs which requires an immediate review of this policy

December 2025

Review Date: December 2026

This Notice was adopted by the committee on

Signed: _____

Reviewed Date:

Signature:

Amendments: