

Forres Sandle Manor (Non-Academic) Policy



EYFS Policy for Sleep

Policy Title	EYFS Policy for Sleep
Policy Lead (Appointment (& Initials))	Head of Pre-Prep
Date of Last Review	January 2025
Date of Next Review	January 2026

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.3 keeping Safe	2.1 Respecting each other 2.2 Parents as partners	3.4 The wider context	4.4 Personal, social and emotional development

General Welfare Requirements:

The provider must take the necessary steps to safeguard and promote the welfare of children.

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. This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

- The Early Years 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 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. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.
- Written records are kept of all support for sleeping.
- Sleeping children are never left unattended will be regularly monitored by staff. every 10 minutes. The time a child is put down to sleep and when they wake is noted.
- Staff will not leave children to sleep with bottles, dummies or similar objects as this provides danger of choking and does not promote good dental health.
- Staff will encourage children to sleep in the area designated for sleep.
- If a child falls asleep in an area other than that which is designated, staff will aim to make them comfortable and safe without disturbing them.

The Early Years staff will work closely and respectfully with parents and carers to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years.