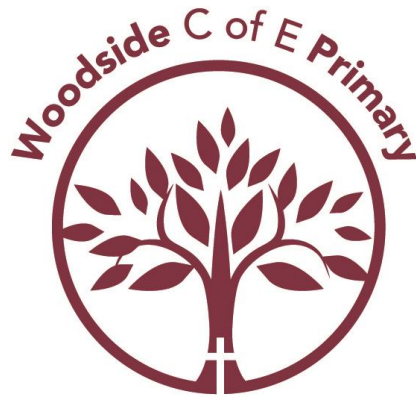


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WOODSIDE C.E.(VC) PRIMARY SCHOOL

Sleeping Policy

School expectations and guidance for staff and governors on sleeping in the EYFS

2025-2026

Date Ratified:	November 2025
Date Due for Review:	November 2026
Signed Head Teacher:	
Signed Chair of LAB (where appropriate):	

1. Policy Statement

Woodside Primary School is committed to providing a safe, nurturing, and developmentally appropriate sleep and rest environment for children in our EYFS provision. This policy applies to our nursery rooms: **Roots** (2-year-olds) and **Shoots** (3–4-year-olds), and aligns with:

- Statutory EYFS Framework (2025)
- Keeping Children Safe in Education (KCSIE) 2025
- The Lullaby Trust safer sleep guidance
- NHS SIDS prevention advice
- UNCRC Articles 24, 28, 31 – children's rights to health, education, rest and leisure

2. Aims

- To ensure all children sleep and rest safely and comfortably.
- To respect individual sleep routines, cultural preferences, and parental wishes.
- To promote emotional wellbeing, physical development, and cognitive growth through adequate rest.
- To meet all safeguarding and welfare requirements.

3. Safe sleep practices

- Children are **never forced to sleep**, but rest is encouraged if they show signs of tiredness.
- **Babies and toddlers are placed on their backs** to sleep, in the **feet-to-foot position**.
- **Bibs, hats, hoods, dummy clips, and outerwear** are removed before sleep.
- **Room temperature** is maintained between **16–20°C**, monitored with thermometers.
- **Sleep environments** are calm, dimly lit, and ventilated.
- **Cots, sleep mats, and bedding** are age-appropriate, clean, and meet British Safety Standards.
- **No pillows, duvets, wedges, baby nests, or soft toys** are used for children under 12 months.
- Children are **visually checked every 10 minutes**, with checks recorded on a **Sleep Chart**.
- **Monitoring includes** breathing, colour, position, temperature, and overall wellbeing.

4. Staff Responsibilities

- Only safeguarding-checked staff support sleep routines.
- Staff receive regular training in safe sleep practices and safeguarding.
- Staff respond sensitively to children's cues and provide comfort as needed.
- Children are never left alone during sleep periods.

5. Parental Partnership

- Sleep routines are discussed during **induction and key person meetings**.
- Parents complete a **Sleep & Rest Care Plan** as part of the child's profile.
- Any changes in sleep behaviour are communicated promptly to parents.

6. Safeguarding and KCSIE Compliance

- All sleep practices are embedded within our **Safeguarding Policy**.
- Staff are trained to notice **non-verbal signs of distress or discomfort**.
- **Low-level concerns** are logged and monitored; serious concerns are escalated to the DSL.
- Sleep records are reviewed regularly to identify patterns or concerns.

7. Hygiene and Equipment

- Each child has individual bedding, washed weekly or after illness.
- Sleep areas are cleaned daily and after each use.
- Children are encouraged to sleep in designated areas; if they fall asleep elsewhere, staff ensure safety without disruption.

8. Review and Monitoring

- This policy is reviewed **annually** or in response to updated legislation.
- Sleep records and procedures are audited termly by the EYFS Lead and DSL.

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Appendix 1- Nursery Sleep Chart

Age Group	Recommended Total Sleep in 24 Hours	Typical Nap Duration at Nursery	Nursery Sleep Support
0-6 months	14-17 hours	Multiple short naps (30-90 mins)	Quiet sleep area, responsive to individual needs
6-12 months	12-16 hours	2-3 naps (30 mins-2 hours)	Comfort items allowed, sleep cues followed
1-2 years (Toddlers)	11-14 hours	1-2 naps (1-2 hours)	Consistent nap routine, calm environment
3-4 years (Preschoolers)	10-13 hours	1 nap (up to 90 mins)	Optional rest time, quiet activities if not napping
5+ years	9-12 hours	Usually, no nap	Quiet time offered if needed

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Appendix 2- Daily Nursery Sleep Record

Date: _____

Use this form to record each child's sleep details for the day.

Child's Name	Sleep Start Time	Sleep End Time	Duration Slept	Sleep Environment Notes	Staff Initials

Appendix 3- Sleep and Rest Care Plan

Child's Name: _____

Date of Birth: _____

Date of Plan: _____

Usual Sleep/Nap Times:

Preferred Sleep Position (e.g., back, side):

Comfort Items (e.g., blanket, toy):

Sleep Environment Preferences (e.g., dark room, white noise):

Medical Considerations or sleep disorders:

Additional Notes:

Parent/Carer Name: _____

Signature: _____ Date: _____

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Approved by Chair of LAB..... date.....

Headteacher..... date.....

Review Date: November 2026