

Carr Manor Community School

EYFS Sleep Policy

This policy applies to staff, pupils, parents and governors

Reviewing Committee:

Adopted by the governing body: July 2026

Review date: July 2027

The safety of our youngest children while sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust (Public Health England) to minimise the risk of Sudden Infant Death.

All parents or carers will have an induction meeting with a member of the Pre-School team before they start Pre-School. This includes stay and play sessions which is part of their 'settling in' visits. Part of the introduction to Pre-School is to gain knowledge of each child's individual routine and their sleep and rest time periods. The Pre-School team will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

Safe Sleeping Guidance:

- The Pre-School has a 'Sleep Chart' document and children are monitored every 10 minutes during their sleep time. This is signed by the member of staff at each check.
- Sleep charts are not needed if a member of staff is present in the room at all times.
- All children's mouths are checked before going to sleep.
- All sleeping areas are well ventilated, with room temperatures of 16-22 degrees celsius (recommended guidelines). However, this may be higher during the summer months, where fans will be used to regulate temperature. There is air conditioning in the Sleep Room. There is a thermometer in the Sleep Room and in each room where children sleep. This is to ensure temperatures are monitored. Information from these will be used to report temperature concerns to the Site Team.
- Children sleep on sleep mats as discussed with the parent or carer.
- Mats are regularly checked for any signs of damage and mats are regularly turned and aired.
- The children in the Sleep Room are assigned their own mat and bedding. Their bedding is changed on the last day that they attend in the week.
- Children who sleep on mats have their own designated sleep bag with their bedding in and this is washed on a weekly basis. The sleep mats are cleaned daily.
- All spaces around the mats are kept clear from hanging objects i.e. hanging cords, drawstring bags.
- Any child who falls asleep whilst being nursed by a member of staff will be transferred to a safe sleeping surface to complete their rest.
- On a walk, any child who falls asleep will be laid flat in their pram / pushchair and will be checked every ten minutes.
- Only one child will be on a sleep mat at a time unless children are being evacuated in an emergency or during a fire drill (in the evacuation crib).

Safe Sleeping Checks: Whilst Sleeping

- Staff will check sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet / blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or by putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure children are not too hot or too cold.

Settling Sleepers:

- The child's sleeping routine is discussed with the parent or carer and documented (i.e., length of sleep, position of sleep).
- Comforters, muslins, dummies where required should be provided from home and these will be stored with each child's personal belongings.
- If a child has a dummy and this should fall from their mouth during their sleep, the member of staff will not put it back into the mouth unless the child wakes.
- A child will be settled by a member of staff, unless the parent or carer requests they settle themselves on their mat.
- Staff will sit with a child and pat / stroke their stomach or back or stroke side of face as requested by the parent or carer. However, if a child is not asleep within 30 minutes they are to go back into the learning environment.
- Staff attend annual safeguarding training and appropriate methods of comfort are regularly reviewed.
- Where appropriate soothing music may be played.
- The Pre-School will not allow a child to consume milk from a bottle on a sleep mat as a soother for settling to sleep.

Rest Time:

- We have a 'cosy corner' area for children to have periods of rest when they require.
- By the time they reach the Pre-Reception class (3-4years old), most children tend not to have an afternoon sleep. However, if a child requires a sleep, staff will arrange for them to sleep in their own classroom on a sleep mat.