Blanchelande College

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Nursery Sleep Procedure Policy

Policy statement

Nursery recognises the importance of rest and sleep in supporting children's health, development, and overall well-being. In line with the Early Years Quality Standards Framework (EYQSF), we are committed to providing a safe, comfortable, and nurturing environment where children's individual sleep needs are respected and met.

Procedure

Partnership with Parents/Carers

- Parents/carers are asked to share information about their child's sleep patterns and preferences at home.
- Parents must provide their child's bedding (e.g. sheet, blanket, comforter if required).
- Bedding must be taken home weekly to be washed and returned at the beginning of each week.
- Any changes to a child's sleep routine will be discussed and agreed with parents/carers.

Sleep Environment

- A designated sleep area will be provided that is quiet, clean, well-ventilated, and supervised at all times.
- Children will rest on individual sleep mats, laid flat on the floor, with their own bedding provided from home.
- Each child's bedding is stored separately to avoid cross-contamination.
- The sleep environment will be kept at a comfortable temperature.

Safety and Supervision

- Children will be checked at regular intervals (every 10 minutes) while sleeping. Checks will be documented where appropriate.
- Children will always be laid down flat on their mat.
- Staff ratios, as set out in the EYQSF, will be maintained at all times, including during sleep periods.

Individual Needs and Comfort

- Children will never be forced to sleep; however, a quiet rest time will always be available.
- Comforters such as dummies, blankets, or soft toys may be used if required, in line with parental wishes.
- Staff will help children settle using calm and reassuring techniques.