



# SAFE SLEEP/ REST POLICY

## 1. POLICY

At *Shelswell and Fringford Preschool Playgroup*, We are not a day nursery and do not have a dedicated area for sleep, however, if a child falls asleep, 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, 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.

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## 2. 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:

If we think a child may fall asleep Staff ensure that:

- Where appropriate 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**, as appropriate.
- The **room temperature** is appropriate (ideally 16–20°C), with thermometers used to monitor this. Our room heaters are placed high on the wall, so attention needs to be paid to the temperature at floor level, where the children are asleep.
- The room is well ventilated with good air flow

### DURING SLEEP:

- Children are provided with **individual, clean bedding**.
- **Sleep mats** are used.

- **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. A member of staff is always in the room, while a child is sleeping.
  - 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
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### **3. 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 are never forced to sleep. Instead, they will be offered **quiet and calm activities** during rest time. A suitable age appropriate programme on Television is offered to encourage children to sit and rest for around 20 minutes.
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### **4. 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.
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## 5. 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.

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## 6. MONITORING AND REVIEW

This policy is reviewed annually, or sooner if:

- There is a **change in national guidance**.
  - A serious sleep-related incident occurs.
  - Parent/staff feedback indicates the need for review.
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