Sleep Policy

At **Bell Day Pre-school** we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We make sure that:

* Checks are recorded every 10 minutes and as good practice.

We provide a safe sleeping environment by:

* Monitoring the room temperature.
* Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
* Only using suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations.
* Using a firm and flat mattress in conjunction with a clean fitted sheet.
* Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
* Ensuring every child is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home.
* Cleaning all bedding as required and at least weekly.
* Having a No smoking/vaping policy.

We ask parents to complete forms on their child’s sleeping routine with the child’s key person when the child starts at Pre-school and these are reviewed and updated at timely intervals.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child’s individual sleep routines and well-being continues to be met.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children’s behaviour if they do not receive enough sleep.

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| **This policy was adopted on** | **Signed on behalf of the Pre-school** | **Date for review** |
| *28/02/2025* | G.Searle | *28/02/2026* |