

WALFORD NURSERY & PRIMARY SCHOOL



Policy for Sleep and Rest

Reviewed and Updated: June 2025

Date for Review: June 2026

*Learning and Enjoyment...
Every Child, Every Opportunity, Every Day!*

This policy links to:

The Early Years Foundation Stage (DfE 2021) Statutory Framework

Setting the standards for learning, development and care for children from birth to five

Child protection, Risk Assessment: 'Monitoring Sleeping Children'

Nursery children can be very tired during the day and may NEED the opportunity to rest or sleep within the nursery day.

At Walford Nursery & Primary School, we recognise that every child's needs are different so we provide flexibility.

It is very important that young children get the rest they need and so we facilitate this in our nursery, providing opportunities for children to take a rest and sleep after lunch.

Parents / carers are more than welcome to make requests in terms of curtailing their child's sleep and we always respect parental wishes. We are bound to meet the EYFS Care and Welfare standards and we must always prioritise the safeguarding and rights of the child.

Comforters and Comfort Blankets

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children, especially when they are new to the nursery and during rest and sleep times.

Rest Areas

Within our nursery, there is a quiet, cosy rest area with soft seating and cushions where children can go if they wish to rest and relax.

Staff are fully aware of the fact that children need to rest and sleep. Staff also appreciate that children have individual needs and routines which vary as they grow and develop. Staff know their children really well and as such, they are able to spot when children in their care need rest or sleep.

Sleep Records

Sleep records are completed each day so confirmation is always available regarding the times each child has slept on any given day. Times and staffing are recorded on our sleep record sheet and also on the child's personal Family page.

Sleeping children are monitored throughout their sleep time and records kept, to be shared with parents / carers at the end of each day.

A room thermometer ensures that the room temperature is kept between 16-20 degrees Celsius.

We follow the latest sleep guidance including the 'feet to foot' sleeping position and children are put to sleep on their backs – understanding that when they get to a certain age they may naturally adjust sleeping positions of their own accord. We ensure all mattresses are in first class condition, with mattress protectors which are washed regularly. These are always clean and fit for purpose. Lightweight blankets are also provided but pillows are not used.

See EYFS Risk Assessment File for Sleep Chart

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Monitoring Arrangements

This policy will be reviewed and approved every year.

This policy was reviewed and updated by the Standards, Teaching and Learning Committee of the Governing Body of Walford Nursery & Primary School in June 2025.

Signed:

Chair of Standards, teaching & Learning Committee