



SLEEP POLICY

We at Worstead preschool are happy for children to sleep whilst at the setting.

All children are encouraged to say or indicate when they are tired or want to rest, staff will not force a child to sleep or keep them awake against their will.

We have a quiet area where children can go to lay down and rest, they will be checked on regularly by staff. When a child falls asleep and wakes parents/carers are informed by the FAMILY app.

Information and guidance can be found below:

[Sudden infant death syndrome \(SIDS\) - NHS](#)

[Sleep and young children - NHS](#)

Name:	Clare Gwilliam
Position:	Pre-school Manager
Signed	<i>C L Gwilliam</i>
Name:	Alicia Grix
Position	Committee Chair
Signed	<i>AGrix</i>
Date:	1 st September 2025
Date for Review:	31 st August 2026

This organisation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.