



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 FAMLY app.

The information and recommendations have been written by the Department of Education in collaboration with The Lullaby Trust.

This policy supports planned updates to the early years foundation stage (EYFS) statutory framework.

SUDC is the sudden unexpected death of a child where no cause found. Creating a safer sleep space can help avoid accidents. such as the risk of suffocating when sleeping.

For us at Worstead preschool it is important to follow the steps below to help keep our children safe whilst in our care.

If children become tired during their time at preschool, we have a designated sleeping area under the wooden arch. We will:

- Place children down on their back in a space on a clear flat firm surface such as a suitable mattress on the floor.
- Sleep spaces will only contain a firm flat waterproof mattress and lightweight bedding which is firmly tucked in around the child, no higher than their shoulders to prevent head covering.
- Children should not get too hot or too cold. To check if a child is too hot or cold, we will feel their neck. If their skin feels clammy or sweaty a layer of clothing or bedding will be removed
- Children's heads are not covered
- Children are always in sight and hearing of staff when sleeping.

When a child falls asleep and wakes parents/carers will be informed with a message on the FAMLY app (on collection of their child) The child will be given regular checks by a staff member which will also be available for parents to see on the FAMLY app.

Information and guidance can be found below:

Sudden infant death syndrome (SIDS) -NHS <https://.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>

The Lullaby trust <https://www.lullabytrust.org.uk/baby-safety/safer-sleep-information>

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.

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Signed	
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Date for Review:	31 st August 2027

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