

Early Years Foundation Stage (EYFS)

Nursery sleep policy

Portsmouth Primary School and Early Years



PORTSMOUTH
Primary School & Early Years

Approved by: Governing
Body

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1. Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

2. Legislation

This policy is based on requirements set out in the [2026 statutory framework for the Early Years Foundation stage \(EYFS\)](#)

3. Principles

At Portsdown Primary School and Early Years we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- Supporting children's sleep is the responsibility of all Disclosure and Barring Service (DBS) checked and approved staff for children in their care in line with the school's safeguarding policy and procedures.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, with both the child and the family feeling supported throughout.

- Communication between the Nursery and the family is promoted and this starts prior to the child starting nursery so information is shared and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

4. Early Years Responsibilities

The Early Years will ensure that anyone who supports a child sleeping or resting in nursery or Year R is an employee of the nursery or school and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

The Early Years will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

The early Years will act according to Portsdown Primary School and Early Years safeguarding policy and procedures if there are any concerns for the child's wellbeing.

At all times the child's safety, dignity and wellbeing is promoted.

Portsdown Primary School and Early Years will ensure that suitable facilities and equipment are provided or designated places for sleep and rest.

The Early Years staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years.

Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in nursery. Prior to starting nursery, we discuss children's sleeping needs and routines with families to provide consistency for the child. Information is recorded on the home visit record and on the child's Tapestry online journal.

As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every 10 minutes. The time a child is put down to sleep, when they wake and ten-minute monitoring checks are recorded by staff. This information is available to parents/carers at all times and will be checked periodically by the Nursery Manager/ Deputy Manager. (Appendix 3).

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of parents' wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Managers and alternatives sought. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

Staff will encourage children to sleep in designated areas or quiet areas. Portsdown Early Years promotes the use of beds for sleeping for children; however, we aim to meet parental choice if they wish their child to sleep in a buggy.

If a child is put down to sleep after lunch but does not fall asleep within 20 minutes, they will be asked whether they would like to join those children who are playing, rather than remain in the sleep area.

If a child falls asleep in the room, staff will aim to make them comfortable and safe without disturbing them.

Staff will not normally leave children to sleep for periods longer than one and a half hours unless requested or indicated by the parents/carers.

The Early Years staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

4.1 Early Years responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at nursery.

Parents will be provided with information or signposted to support such as Health visitors.

4.2 Early Years staff responsibilities in supporting positive self esteem

Early Years staff will work with the child to promote a positive self-esteem and independence with sleep as far as is appropriate and practical. Early Years staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

5. Governor Responsibilities

To ensure sufficient staff are trained to meet early years ratios and the developing needs of young children.

The governing body will ensure this policy is monitored and reviewed at least every three years.

6. Parent/ Carer Responsibilities

Parents /Carers must ensure they provide all relevant information with regards to sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that the Early Years always have their emergency contact details.

Appendix 1

Enabling Environment Equipment procedures

When supporting children who need to sleep, Early Years staff will ensure:

- Provision of bedding – fitted sheets, top sheets and cellular blankets
- Low individual beds and buggies if parent request this for the child to sleep
- Designated sleep area in the 2–3-year-old room (Caterpillars)
- Quiet areas where children can rest if they fall asleep in 3–4-year-old room and year R (where required)

Appendix 2

Health and safety procedures

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- Buggies and low beds are cleaned with antibacterial wipes once a child has been removed.
- Sheets are removed and washed after every use on beds.
- Used bedding should be placed in the covered box marked –‘used bedding’ and washed daily in non-biological washing detergent.
- Clean bedding is stored in labelled covered boxes.
- Torn or ripped bedding is removed immediately and replaced.
- Parents asked prior to children starting Nursery if their child has allergies to washing detergent and if so, appropriate precautions taken – such as parents supplying and washing their own bedding.