

# Sleep Policy

(September 2025)

## Policy statement

Our aim is to provide a clear framework for the health, safety and wellbeing of all children who require sleep or rest whilst at pre-school.

## Procedures

We recognise that sleep is an important part of a child's development.

- At least one member of staff has taken a Safe Sleep Awareness course and the learning will be cascaded to all other members of staff.
- Prior to commencing pre -school we will gain information from parents/ carers regarding sleep which their child may need whilst in our care and request they keep us up to date with their requirements.
- We will endeavour to adhere to parents requests for sleep including timings.
- However-children will not be forced to sleep nor will they be woken up after a requested time, if it is felt it's in the best interests of the child they have more sleep
- Within our indoor space, we have a room which becomes a dedicated rest and sleep space should any child(ren) require sleep or rest whilst in our care.
- If a child falls asleep in another room- they will be transferred to this area with a minimal of disturbance.
- All resources used for sleep will be safe and clean
- The room will be at a safe temperature and well ventilated whilst taking the outside temperature into consideration.
- Children will be placed to sleep once footwear and any clothing which may cause overheating or pose a choking risk (e.g. sweatshirts with strings) are removed.
- Toys other than comfort soft toys will also be removed.
- Sleeping children will be checked regularly and the check recorded.

This policy was adopted at a committee meeting for Addingham Preschool	Date
Signed on behalf of the committee	
Role of signatory	