Sleep and Rest Policy (2025–2026)

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Little Wonders Nursery

Sleep and rest Policy

1. Purpose

The purpose of this policy is to ensure that all children attending Little Wonders Nursery are provided with a **safe, nurturing, and restful environment** that supports their **physical health, emotional wellbeing, and overall development**.
Adequate rest and high-quality sleep are essential for children's growth, concentration, and emotional regulation. This policy aligns with **2025 early years guidance** and current **Lullaby Trust** safe sleep recommendations.

2. Scope

This policy applies to **all children** who attend Little Wonders Nursery and who may require sleep or rest during the nursery day, including babies, toddlers, and preschool-aged children.

3. Individual Sleep and Rest Needs

- Each child's sleep and rest needs will be discussed with parents/carers during the settling-in period and **documented in their personal care plan**.
- Staff will maintain a **daily sleep log** recording each child's sleep times, duration, and quality of rest. This will be shared with parents via the nursery app or daily handover.
- Children under the age of three are encouraged to have **regular naps or rest periods** based on their individual routines.
- Children aged three and over will be offered opportunities for **quiet rest or relaxation** even if they do not sleep, supporting emotional regulation and wellbeing.
- Staff will observe and respond to signs of tiredness, adjusting routines accordingly.

4. Sleep Environment

- **Safe Equipment:** Each baby or toddler will be allocated a **clean, safe cot or pram**, checked daily for hygiene and safety.
- **Safe Sleep Practices:** All sleep practices comply with the **Lullaby Trust's 2025 safe sleep guidance**:

  - Babies are placed on their back to sleep.
  - No pillows, cot bumpers, loose blankets, or soft toys are permitted.
  - Sleep areas are free from hazards and distractions.
- **Comfort and Temperature:**
  - Rooms are maintained at a comfortable temperature (16–20°C) with adequate ventilation.
  - Staff will ensure children are dressed appropriately and blankets are securely tucked.
  - Sleep areas are dimly lit and calm, helping children settle peacefully.

5. Supervision During Sleep

- Sleeping children will be **monitored closely at all times**.
- A **sleep check will be recorded every 10–15 minutes**, including breathing, position, and comfort.
- Staff remain present, alert, and responsive to any changes in the child's wellbeing.
- Sleep checks and logs will be available for review by parents and management.

6. Transition to Rest

- Staff will create a **soothing pre-sleep routine** that may include:
  - Soft lighting or quiet background music
  - Comfort items (as agreed with parents)
  - Gentle reassurance or stories to help children settle
- Children who are not used to napping will be supported with **quiet activities** to rest and recharge.
- Parents are encouraged to share their child's **home sleep routine** to promote consistency and comfort.

7. Wake-Up and Post-Rest Routine

- Children will be **gently woken** at the end of their rest period to avoid disorientation.
- After waking, children will be offered a **light snack or drink** and time for **quiet play** before returning to active learning.

- Staff will ensure that children are comfortable, refreshed, and emotionally ready to rejoin activities.

8. Partnership with Parents

- Parents are encouraged to communicate any changes to their child's sleep patterns, routines, or wellbeing.
- Staff will share daily **sleep logs and observations** through digital updates or verbal handovers.
- The nursery works collaboratively with parents to **support healthy sleep habits** and identify any concerns (e.g., night waking, difficulty settling).

9. Review and Monitoring

- This policy will be **reviewed annually** or sooner if new guidance is issued by the **Department for Education**, **NHS**, or the **Lullaby Trust**.
- Staff receive regular training on **safe sleep practices** and **child wellbeing monitoring**.
- Management will conduct **routine audits of sleep logs and environments** to ensure compliance and quality assurance.