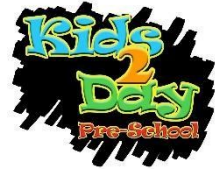


Safe Sleep Policy



At Kids2Day Pre-School, we understand that some children will find the preschool day quite tiring and may require a sleep while they are in our care. We recognise that rest and sleep are an important part of young children's development and wellbeing.

We will work closely with parents and do our utmost to adhere to their preferences when it comes to their child's sleep routine. This may include parents requesting that their child does not nap, that they are happy for their child to sleep if they need to, or that they would like their child to sleep for a specific length of time or at a particular time of day.

Whilst we will always consider parents' wishes, all sleep arrangements must follow safe sleep guidance and the setting's responsibility to keep children safe.

Kids2Day Pre-School is committed to providing a safe, comfortable, and calm environment for children who require rest or sleep during their time at the setting.

Working in Partnership with Parents

Before a child sleeps at preschool, staff will discuss the child's sleep routine with parents. This will include:

- Their usual sleep pattern at home
- Preferred sleep times
- How long they usually sleep for
- Their usual sleep position
- Comfort items used to help them settle
- Any parental concerns or preferences regarding sleep

Parents' wishes will be respected wherever possible; however, the setting must always follow safe sleep procedures and may not be able to follow requests that could place a child at risk.

Sleep information will be shared with parents through Blossom and included within the child's daily diary.

Sleep Environment

We do not have a designated sleep room within the preschool. However, we have an area that can be transformed into a safe, calm, and quiet space for children to rest and sleep.

We have:

- A travel cot which can be used if this is what the child uses at home
- Cushioned floor mats
- Soft blankets to ensure comfort and warmth

Children who do not require sleep will be offered alternative quiet activities or rest opportunities. No child will be forced to sleep.

Preparing the Sleep Space

To ensure the sleep area is safe, the member of staff setting up the area will:

- Check all sleep equipment to ensure it is clean, safe, and fit for purpose
- Check the surrounding area to ensure it is clear and free from hazards
- Ensure the environment is calm and suitable for sleep

The travel cot will be completely empty apart from an appropriate fitted sheet. There will be no pillows, loose bedding, toys, or other items placed inside the cot.

Sleep mats will be positioned on the floor with adequate space between each child so that every child has their own individual sleep area.

The following rules apply:

- Only one child will sleep in the travel cot at any time
- Only one child will sleep on each sleep mat
- Sleep spaces will not be shared
- If the child sleeping in the cot wakes and another child uses the cot, the sheet will be replaced

Children will not sleep in unsuitable areas such as sofas, chairs, or other inappropriate seating.

Temperature and Environment Checks

The temperature of the room will be checked when the sleep area is set up to ensure it is between **16–20 degrees Celsius**.

The temperature will continue to be monitored throughout the time children are sleeping.

Staff will ensure children are comfortable and will monitor for signs of overheating or being too cold.

Supervision of Sleeping Children

All sleeping children will remain within sight through the viewing windows of the room and within hearing of staff.

A member of staff will be responsible for monitoring sleeping children and ensuring sleep checks are completed and recorded.

Sleeping children will be checked every **5 minutes**, paying particular attention to:

- Breathing
- Temperature
- Sleep position
- The child's overall wellbeing
- Ensuring the child's face remains clear

All checks will be recorded on the child's individual sleep chart.

If a child's breathing, colour, temperature, or general condition causes concern, staff will immediately check the child and follow the appropriate emergency procedures if required.

Putting a Child to Sleep

Before a child is settled for sleep:

- Any outdoor clothing, coats, or thick layers will be removed to prevent overheating.
- Children will be placed on their back to sleep on a flat surface.
- Children sleeping in the travel cot will be positioned with their feet against the end of the cot and any blanket tucked securely underneath.
- If a child is sleeping with a blanket, it will be placed below their shoulders and tucked in securely.
- Comforters used to help children settle are acceptable but will be moved if they cover the child's face.

When a child is taken into the sleep space for a nap, they will be settled by an adult and placed in the correct sleeping position following the above guidelines.

Once the child is settled and fully asleep, the practitioner will complete an individual sleep chart recording:

- The time the child entered the sleep area
- The time the child fell asleep

A practitioner will then complete physical checks every 5 minutes and record these on the sleep chart.

Sleep Records and Communication

Sleep information will be recorded on the child's individual sleep chart.

This information will include:

- Sleep start time
- Time the child fell asleep
- Regular sleep checks
- Wake-up time

Sleep information will also be added to Blossom and shared with parents through the daily diary.

Arrival and Collection Arrangements

Sleeping children must be awake during both handovers.

If a child arrives at preschool asleep, they must be woken before the parent/carer leaves the setting.

If a child is asleep at collection time, they will be woken with the parent/carer present before they leave the setting.

This ensures that staff and parents are aware of the child's condition at handover and that the child leaves safely.

Children with Medical Needs or Additional Requirements

Any child who has a health condition, medical need, or additional requirement will have an individual risk assessment completed.

The risk assessment will include a section regarding sleep and will be completed in partnership with parents and, where appropriate, medical professionals.

This will ensure appropriate precautions are put in place to support the child's safety and wellbeing.

Safe Sleep Equipment and Hygiene

All sleep equipment will be maintained in good condition and removed from use if damaged or considered unsafe.

Bedding and sleep equipment will be cleaned regularly and replaced where necessary.

Staff will ensure that sleep areas are cleaned and prepared appropriately before and after use.

Illness and Changes in Sleep Patterns

If a child appears unusually tired, lethargic, unwell, or there is a significant change in their usual sleeping pattern, staff will discuss this with parents and record any relevant information.

Any concerns regarding a child's health or wellbeing will be managed in line with the setting's policies and procedures.

Emergency Procedure

If a child cannot be woken, appears unwell, or staff have concerns regarding their breathing or wellbeing, emergency procedures will be followed immediately.

This may include:

- Providing appropriate first aid
- Contacting emergency services where required
- Informing parents/carers
- Completing relevant incident record

This policy was adopted by: Kids2Day Pre-School	Date: 07.08.26
To be reviewed: August 2026	Signed:

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2026): Safety and suitability of premises, environment and equipment : Sleeping arrangements [3.86]*