



Rest and Sleep Policy

Reviewed: November 2025
Next review: November 2026

Introduction

This policy links to: The Early Years Foundation Stage Statutory Framework setting the standards for learning, development and care for children from birth to five, Safeguarding Children policy, Risk Assessment' Monitoring Sleeping Children'

Procedures

All pre-school children get very tired during the day and must be provided with the opportunity to rest and sleep within the nursery day.

Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire.

1. Comforters and Comfort Blankets

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times.

Parents may wish to provide dummies/soothers for their children to use during sleep times can do however the nursery does not provide, supply or ever introduce them to children themselves. Dummies are restricted to sleep and rest times.

2. Rest Areas

Within each class and playroom there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax.

There is a dedicated sleep room where there are sleeping mats and cots, alongside sensory lights and music.

3. Staff

Staff are fully aware of the fact that children need to rest and sleep and appreciate that children have individual needs and routines which vary as they grow and develop

Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day.

4. Parents

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the two-year-old provision, to ensure each child's individual needs are carefully met.

5. Sleep Records

Staff will check on children that are sleeping on a five-minute basis (no children are left within the sleep room). Staff must then sign a record with their initials and the time that they checked. Children sleep in the cots within the sleep room or on the cosy wipeable sleeping mats to ensure they are warm and comfortable. Familiar staff settle the children down for their naps and quiet calming music is played for them

The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.