

SLEEP AND REST POLICY



Oyster Bay Nursery

Draft Prepared	Sept 2025
Signed by Executive Headteacher	Ms D Hines
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Date Policy to be Reviewed	Sept 2026

Be Ready, Be Respectful, Be Responsible

Sleep and Rest Policy

1 Policy Statement

- 1.1 We aim to ensure all children have enough sleep to develop and promote best practices for all children in a safe environment. Ofsted regulation states that it is an Early Years Foundation Stage requirement to respect parental wishes, but practitioners will make decisions based on best practices.
- 1.2 Oyster Bay Nursery adopts a policy of practice recommended by sudden infant death syndrome (SIDS)' to minimise the risk of SIDS. The safety of babies sleeping is paramount, and we promote good practice and ensure that we work in partnership with the parents.

Babies should sleep:

- On their backs
- At the bottom of the cot
- In a well-ventilated room
- With sheets or blankets that cannot become tangled
- Without any large soft toys that have the potential to smother a baby
- With a comforter, if they normally have one
- With mobiles that are out of reach
- With clean bedding which is checked before use

2 Procedure

- 2.1 Child individual routine sheets are filled out with the parent and Key Person when the child is settling into The Nursery. If a baby has an unusual sleeping routine or position that we would not use, we may ask to see a doctor's note of recommendation.
- 2.2 Staff should be aware of the individual needs of babies and children.
- 2.3 Sleep routines are a very intimate part of a baby's day. Babies should not be left to cry themselves to sleep or be left for long periods to 'drop' off to sleep.
- 2.4 When getting a baby ready to sleep, the staff need to ensure a number of things happen:
 - A clean nappy Outer clothes removed
 - Fed or had a drink
 - All bibs removed
 - A comforter if needed
 - Not too warm

3 Daytime Rest Policy and Procedure

3.1 Staff should prepare the baby for bedtime by moving to a quieter part of the nursery, reading a story, or cuddling. Some babies like to be patted to go to sleep. The staff need to pull up a chair to the side of the cot, so they do not strain their backs or sit on the floor while rubbing the baby's tummy.

If the baby has not gone to sleep after 15 minutes, the staff member should consider getting them up and maybe try them later for another sleep.

3.2 The Key Person should discuss this with the parents and establish a time limit for getting the baby to sleep, which should be communicated to all staff members. If a baby falls asleep in the arms of a staff member, they should be placed in the cot to continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or change their nappy, the baby's clothes should be loosened. Staff within the area should know that the baby needs their nappy to be changed when they wake up.

3.3 The cots should be cleaned and maintained. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.

4 Older Children

4.1 Children need sleep and rest periods to help their development. Children all develop at different rates, and we must meet their needs throughout the day at The Nursery. As they grow, they will usually develop a routine, reducing the length or frequency of their daytime sleep.

4.2 Children at The Nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff should create an environment for the children to rest or sleep, e.g., a quiet area to cuddle up with a book, cots for younger babies, or sleep mats for older children.

4.3 Parental wishes should be considered, although staff cannot force a child to sleep, wake, or keep a child awake against his or her will. This is an Ofsted regulation.

5 Sleep monitoring

5.1 All sleeping children must be checked at 10-minute intervals. The staff working in the room are all responsible for checking the children.

5.2 Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath

- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that all sheets or blankets are not wrapped around the child

5.3 The Blossom App records and communicates each child's daily sleep pattern to parents.