



## **Sleep and Rest Policy**

The Early Years Foundation Stage (EYFS 2024 3.69) states ‘sleeping children must be frequently checked to ensure that they are safe’.

Every child’s needs are different, so at Bottesford Bunnies we provide flexibility and opportunities for children to take naps and rest as they need and regard it to be a highly important part of their personal and developmental needs.

We recognise parents/carers knowledge of their child in regard to sleep routines and will, where possible work together to ensure each child’s individual sleep routines and well-being continues to be met.

### **Rest Area**

Bunnies has no permanent rest area, however in the event a child needs to sleep/rest, the cosy area will be used, with sleep mats. This area is cordoned off to prevent other children disturbing the rest/sleep.

### **Parent’s Wishes**

Parents’ wishes are always valued and respected and educators work closely with them, to ensure each child’s individual needs are carefully met. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep, and this will be taken into account PROVIDED it is also in the child’s best interests. We will never force a child to stay awake or go to sleep.

### **Comfort Blankets**

Comfort blankets and soft toys are welcome as they bring enormous emotional comfort and reassurance to small children especially when they are new to Pre-School and during rest and sleep times.

### **Dummies**

Dummies are not encouraged within Pre-School as they can hamper a child’s speech, interaction with others and are a major cause of speech delay.

## **Educators**

Educators are fully aware 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 if they need to.

Children will not be forced to sleep or keep them awake against his or her will.

Parents are kept informed regarding their child's sleep/rest by text, on Parent zone and verbally.

Children will be monitored visually when sleeping and will never be left alone to sleep.

When monitoring a sleeping child, the educator will look for the rise and fall of the chest, and if the sleep position has changed.

Should a child fall asleep while being nursed by an educator, they will be transferred to a sleep mat in the cosy area, to complete their rest.

This policy is in line with the EYFS Statutory Guidance (DfE 2024)

### **References to other policies:**

- Safeguarding Policy
- Health, Safety, Welfare & Hygiene

Adopted at a team meeting Wednesday 25<sup>th</sup> June 2025 by Director, Room Lead, Deputy Room Lead and educators.