



Redcastle Family School: Safer Sleep and Rest Policy

(Pre-school and Nursery)

Formally adopted by the Governing Body of:	Redcastle Family School
On:	January 2026
Signed by Chair of Governors:	Heather Pringle
Last updated:	
Review date:	Annually

Rest and Sleep at Nursery (2 and 3 year-old) Policy

This policy applies to all staff, volunteers and sessional workers, agency staff, students or anyone else working on behalf of Redcastle Family School, in the Pre-school and Nursery setting.

At Redcastle Family School we recognise that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child's needs are different and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and desire.

The importance of rest and sleep at Redcastle Family School 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.

The purpose of this policy is:

To make parents and staff aware of our approach to sleep and rest opportunities at nursery and to ensure that all children get all the sleep they need whilst in our care.

Redcastle Family School recognises that:

- The welfare of the child is paramount;
- It is very important for young children to get all the sleep they need;
- Parents' and carers' wishes should be respected with regard to their children's sleep requirements, provided that the child's welfare is not compromised;
- Comfort blankets and soft toys bring enormous comfort and reassurance to small children, especially when they are new to nursery and during rest and sleep times.

SUDCs

- The risk of Sudden Unexplained Death in Childhood (SUDC) in a 2-year-old is very low, as SUDC is rare, it is most prevalent in children aged 1–4 years. While it is impossible to eliminate the risk entirely, continuing to follow safe sleep practices and maintaining general child safety can contribute to overall well-being. Redcastle Family School ensure that all staff have a clear understanding and complete the appropriate checks to keep the risk as low as possible. This includes the following:
 - **Ensure a safe sleep environment:** Although SIDS risk decreases significantly after age one, maintaining a safe sleep environment is still important for all ages.
 - **Avoid overheating:** Keep the room at a comfortable temperature for an adult to prevent overheating.
 - **Practice general safety:** Continue to follow general child safety guidelines, as it is impossible to predict or prevent SUDC entirely.
 - **Seek medical advice:** If there are any concerns about a child's health or a history of febrile seizures, consult with a paediatrician or a specialist.

In order to achieve the aim of this policy we adhere to the following:

Rest Areas

Within both the 2 and 3 Year old Nursery settings there are quiet carpeted rest areas with soft cushions where children can go if they wish to rest and relax at any time of the day.

Sleep Areas

Should a child require a sleep/nap they will be provided with a sleep mat in an area away from the main traffic of the room.

Comforters and comfort blankets

- The nursery shall not provide dummies for children nor shall the nursery introduce a child to a dummy if they have not used one before at home. Parents are permitted to bring in a dummy from home for their child to use when at nursery and we recognise a dummy can provide great comfort for a child during rest and sleep times.
- If parents do provide dummies from home for their children to use at nursery, they shall also be asked to provide a hygienic dummy pot in which the dummy can be sealed to store when not in use.
- Dummies are restricted to sleep and rest times. They are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.
- If a child requires a comforter this will be supplied by the parent/carer and kept in the child's sleep bag. It is the parents responsibility to make sure that the comforter is kept clean and in a safe condition by checking the comforter regularly at pick ups and drop offs. If staff notice any issues this will be raised with the parent but it is ultimately the parents responsibility to provide any comforters and to make sure they are in a safe condition.

Staff

- Staff are fully aware of the fact that children need rest and sleep.
- Staff 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 nap or a rest after lunch each day.

Parent's wishes

The preferences and wishes of parents are always valued and staff work closely with them to ensure each child's individual needs are carefully met.

Sleep Records

Records sheets are completed each day to record how long each child has slept for whilst at nursery.

Room Temperature

- All play rooms are well ventilated, with room's temperatures of 16-22c (recommended guidelines); however, this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in playrooms to ensure temperatures are monitored
- Light bedcovers may be used if appropriate and are firmly tucked in and no higher than the child's shoulders, thus preventing them wriggling under the cover.

Sleep Checks

- The nursery has a 'Sleep Chart' document for any children that sleep. They are monitored every 10/15 minutes during their sleep time. This is signed by the member of staff at each interval. The children's sleep is documented on their day sheet and handed to parents at the end of the day.
- A member of staff is present at all times with children when they are sleeping / resting. Children that have medical conditions, certain emotional needs or sleep training programmes, the nursery will endeavour to enhance staff supervision however the parent should discuss this with the Key Person and Nursery Manager.
- All children's mouths are checked before going to sleep to further reduce the chance of choking.
- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket. The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath. Staff will ensure they are not hot or cold.