



Tel. 07876 260780

Session times only

info@mvns.co.uk

www.mvns.co.uk

Milland Memorial Hall
Iping Road
MILLAND
Nr. Liphook
West Sussex
GU30 7NA

45. Early Years Healthy Sleep Policy

As part of the early years guidance on sleep policy we are prioritising children's safety in healthy sleep routines in close collaboration with parents following government guidance.

It is important to note that the benefits of Early Years Sleep policies help to support healthy growth and brain development. It highly reduces the risk of sleep related incidents for example Sudden Infant Death Syndrome. It promotes healthy sleeping habits and provides a structured and safe environment where children can rest which in turn provides a nurturing environment which prioritises safety and developmental needs.

45.1 Early Years Safer Sleep Policy: Safer Sleep Practices

In the event of a child requiring a sleep during their session at Milland Valley Nursery School will implement the following:

Positioning – Children will be placed on their backs with close supervision and monitoring. Under 2s to be positioned at the bottom of the mattress.

Environment – Sleeping areas are well ventilated with room temperatures monitored between 16 – 22 degrees. A calm and quiet space will be provided.

Bedding – Children will have clean breathable fabric and sleep beds will be provided for comfort

Monitoring – Staff member will remain present during the child's sleep period

Clothing and Comfort – Excessive layers will be removed from a child requiring sleep to provide comfort and avoid over heating

Recording – Sleep times will be recorded on tapestry and sent to parents/carers

45.2 Early Years Safer Sleep Policy: Staff Responsibilities

Only Staff that are trained and have enhanced DBS will be in supervision of children who are asleep.



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Nursery will inform parents when their child has had a sleep and the duration this occurred during their session.

Staff ensure that safe sleep equipment is provided such as bed , breathable fabrics and children's well being and dignity is maintained at all times .

45.3 Early Years Safer Sleep Policy: Parental Responsibilities

Parents of new starters are asked to inform nursery of any sleep patterns or needs that are required of their child. This will help to settle them into routine, any comforters that are used to support sleep and any medical need that supports their development.

There will be regular communication between Parent and Nursery to support and aid when sleeping patterns change as children grow and develop.