



Quiet time & sleep policy

Written in accordance with the Statutory Framework for the Early Years Foundation Stage (2024):

Safeguarding and Welfare Requirements: Sleeping arrangements

3.84 Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance:

Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk).

Practitioners may also find it helpful to read NHS advice on safety of sleeping children:

Reduce the risk of sudden infant death syndrome (SIDS) - NHS (www.nhs.uk).

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.

Quiet/cosy Areas

We have rest areas in all our rooms, they include a wooden teepee, music, books, soft toys with soft cushions where children can go if they wish to rest and relax at any time of the day. The children understand that these areas are for quiet time and are supported by the team to recognise when they may benefit from some quiet time/self-regulation.

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 understand that 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 it when it is not in use.

Dummies are usually restricted to sleep and rest times. They are not encouraged at other times as they can hinder a child's speech, interaction with others and are a cause of speech delay.

Some children may also benefit from having a blanket or teddy comforter if they have one at home.

Our team

Our team are fully aware that children need rest and sleep, and 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 have quiet time after lunch each day.

Parent's wishes

The preferences and wishes of parents are always valued, and the team 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, concerned that a longer sleep will impact on their child's night time sleep. Any parent's wishes will be considered provided that these wishes are in the child's best interests.

Safe sleep

Ensuring that children are safe while they sleep, is just as important as caring for their well-being while they are awake.

This has been written in accordance with the NHS guidance 'Reduce the risk of sudden infant death syndrome (SIDS)' document and the 'Lullaby trust charity'.

The temperature of the room will be set between 16 and 20 degrees. This is the set temperature on our heaters, these will be checked as part of our risk assessments every morning and checked again before sleep time, any excess clothing should be removed before sleeping.

All children will sleep on waterproof sleep mats, Parents are to supply a fitted sheet for the sleep mat and a well fitted sleep bag (suitable for the weather) for their children to go to sleep in. These are recommended as they are fitted and will not cover children's faces whilst sleeping.

Children under 12 months will sleep in a cot, following new recommendations

All rooms are ventilated with the windows being open on 'trickle vent'. These are part of risk assessment checks and must be done every morning.

We will not use pillows, have soft toys or loose blankets in the room near to where children are sleeping.

Babies will be placed on their backs to go to sleep.

Our babies have a separate sleep room, where possible a member of the team will be in there while the babies are asleep. Where this is not possible the sleep monitor will be put on and someone will physically check them every **10 minutes** and this will be recorded down in the sleep record. **All children must be visible on the monitor at all times.** Babies under six months of age will always have an adult with them in the same room for every sleep. Sleep comforters may be used for babies and children over the age of 12 months only, we will allow them to have them to get to sleep whilst supervised then remove them once the children are asleep.

Our toddlers will sleep on sleep mats in their room after lunch, it will be made cosy by dimming lights and closing blind. Children who do not nap will still have quiet time, reading stories, listening to calming music, yoga activities ect... A member of the team will be in the room at all times where possible when children are sleeping. If for any reason this is not possible, the sleep monitor will be put on, then they will have a physical check every **10 minutes** and this will be recorded down in the sleep record. **All children must be visible on the monitor at all times.**

The **physical check** will include visually looking at the children to look for any signs of overheating, they will touch the chest or back of the neck to check if their clammy or sweaty, this would indicate they are overheating.

When Children wake up, staff will **be nurturing and patient;** giving them cuddles or **time to wake up** before they encourage them to get up and play.

If children need to be woken up (if parents request a sleep limit), this will be followed and done patiently, allowing the child time to wake up. Cuddles will be offered until the child is ready to play.

All preschool children also have the opportunity to sleep, relax or sit quietly at any times of day in the preschool book corner, which contains a wooden teepee, large rug, lots of cushions, soft toys, blankets and books.

Record sheets are completed for **all children** each day to record how long each child has slept for whilst at nursery.

If a child is going to sleep but is still awake after **20 minutes** they will be asked if they would like to join those children who are having quiet instead.

Some toddlers who are toilet trained may need a nappy during sleep time, our team ensure any such children are changed into their nappy prior to being settled for a nap, or children will be encouraged to use the toilet before sleep time.

Familiar staff settle the children to sleep and calming sleep music is played for them, children will be put in the same positions where possible for consistency.

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Little Squirrels 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.

Policy updated by Kylie Jones and the Little Squirrels team **April 2026**.