

JOEY'S CHILDCARE

Sleep and Rest Policy

Setting Name: Joey's Childcare

Provider: Rachel Joseph

Address: 11 Carrington Road, Richmond, Surrey, TW10

Registration Status: Awaiting Ofsted Registration

Local Authority: Achieving for Children

Date Written: 1st July 2026

Review Date: 1st July 2027

1. Policy Statement

At Joey's Childcare, I recognise that sleep and rest are essential for children's health, wellbeing, growth and development.

I am committed to providing a safe, comfortable, nurturing and calm environment where children can rest and sleep according to their individual needs. Sleep arrangements will always prioritise children's safety while respecting family routines and preferences wherever possible.

This policy is written in accordance with the **Early Years Foundation Stage (EYFS) Statutory Framework**, current **NHS Safer Sleep Guidance**, safeguarding requirements and recognised childcare best practice.

2. Aims

I aim to:

- Meet each child's individual sleep and rest needs
- Provide a safe and secure sleep environment
- Follow current safer sleep guidance
- Work in partnership with parents and carers
- Promote children's wellbeing and development
- Monitor sleeping children appropriately at all times
- Reduce risks associated with sleep environments

3. Individual Sleep Needs

I recognise that all children have different sleep patterns and requirements.

Before care begins, I will discuss sleep arrangements with parents and gather information about:

- Usual sleep routines
- Preferred sleep times
- Comfort items
- Sleep associations
- Medical conditions affecting sleep
- Cultural or family preferences
- Any specific sleep requirements

Where possible, children's individual sleep routines will be followed to support consistency between home and the setting.

4. Working in Partnership with Parents

Parents play an important role in supporting their child's sleep needs.

I will work closely with parents to:

- Agree sleep arrangements
- Share information about sleep patterns
- Discuss any concerns regarding sleep
- Review routines as children's needs change
- Ensure consistency wherever possible

Parents will be informed about:

- Sleep start times
- Wake times
- Length of sleep

- Any concerns or unusual observations

5. Sleep Environment

I will ensure that sleep areas are:

- Clean, safe and comfortable
- Well ventilated
- Maintained at an appropriate temperature
- Free from hazards
- Calm and suitable for rest

Children will be provided with appropriate sleep equipment according to their age and developmental needs.

6. Safe Sleep Practices

The safety of sleeping children is paramount.

To reduce risks and promote safer sleep:

- Children will be placed in age-appropriate sleep equipment
- Sleeping areas will be checked regularly
- Sleeping children will remain within sight or hearing at all times
- Safe sleep guidance will be followed at all times
- Children will be dressed appropriately for the room temperature
- Sleep environments will remain free from unnecessary hazards

7. Safer Sleep Guidance for Babies Under 12 Months

In line with NHS safer sleep guidance:

- Babies will always be placed on their back to sleep
- Babies' feet will be positioned at the foot of the cot where appropriate

- The baby's head and face will remain uncovered
- Pillows will not be used
- Duvets will not be used
- Cot bumpers will not be used
- Soft toys will not be placed in the sleep space
- Loose bedding will be avoided
- Sleep spaces will be kept clear and uncluttered

Alternative sleeping positions will only be followed where supported by written medical advice.

8. Monitoring Sleeping Children

Sleeping children will be monitored regularly throughout their sleep period.

Checks will include:

- Breathing
- Temperature
- Comfort
- Sleeping position
- General wellbeing

Babies and younger children will receive more frequent checks according to their age and individual needs.

All sleeping children will remain appropriately supervised.

9. Monitoring Equipment

Baby monitors may be used where appropriate to assist supervision.

However:

- Baby monitors do not replace physical checks
- Direct supervision remains essential

- Sleeping children will continue to be checked regularly

10. Comfort and Settling for Sleep

I support children to settle for sleep by:

- Maintaining a calm environment
- Following familiar routines
- Providing reassurance and comfort
- Respecting individual sleep needs
- Allowing comfort items from home where appropriate

Children will never be left distressed or allowed to cry for prolonged periods without support and reassurance.

11. Sleep Equipment and Bedding

I will ensure that:

- Sleep equipment is safe and suitable
- Equipment is checked regularly
- Equipment is cleaned and maintained appropriately
- Children have clean bedding
- Bedding is washed regularly
- Sleep mats are spaced appropriately
- Each child has their own bedding where possible

Any damaged equipment will be removed from use immediately.

12. Sleep Records

Sleep information may be recorded and shared with parents.

Records may include:

- Time child fell asleep
- Time child woke up
- Length of sleep
- Any concerns or observations

This helps maintain consistency between home and the setting.

13. Individual Needs and SEND

Sleep arrangements will take account of each child's individual circumstances, including:

- Age
- Developmental stage
- Medical conditions
- Disabilities
- SEND requirements
- Cultural preferences
- Parent wishes

Reasonable adjustments will be made where appropriate to support children's individual needs.

14. Unusual Sleepiness or Illness

If a child appears:

- Unusually sleepy
- Lethargic
- Difficult to wake
- Unwell during sleep

I will:

- Monitor the child closely
- Contact parents promptly

- Seek medical advice where appropriate
- Follow emergency procedures if necessary

Children's wellbeing will always be the priority.

15. Health and Safety

To maintain a safe sleep environment I will:

- Follow current safer sleep guidance
- Use only safe and suitable sleep equipment
- Ensure children are appropriately dressed for sleep
- Avoid overheating
- Carry out regular safety checks
- Remove hazards promptly

16. Risk Assessment

Sleep areas, sleep equipment and sleeping arrangements will be regularly risk assessed.

Risk assessments will consider:

- Children's ages and needs
- Sleep equipment
- Room temperature
- Supervision arrangements
- Potential hazards

Any identified risks will be addressed immediately.

17. Emergency Situations

If a sleeping child becomes unresponsive or experiences breathing difficulties:

- Emergency first aid procedures will be followed immediately

- A paediatric first aider will respond
- Emergency services (999) will be contacted without delay
- Parents will be informed as soon as possible
- The incident will be recorded appropriately

Children's safety will always be the highest priority.

18. Monitoring and Review

This policy will be:

- Reviewed annually
- Updated following changes to NHS safer sleep guidance
- Updated following legislative changes
- Reviewed following any sleep-related incident or near miss
- Shared with parents and relevant adults connected to the setting

Final Statement

At Joey's Childcare, I am committed to providing a safe, comfortable and nurturing environment where children can rest and sleep according to their individual needs.

By following recognised safer sleep guidance, working closely with parents and maintaining high standards of supervision, I aim to support children's health, wellbeing and development while ensuring their safety at all times.

Signed: _____

Date: _____