



**The Acorns**  
Primary and Nursery School

*Mutual respect*

*Equity*

*Inclusivity*

*Love*

# **Safe Sleeping and Resting Policy**

**March 2025**

**Policy Document Version Control**

<b>Responsibility for Policy:</b>	<i>EYFS Leader</i>
<b>Policy approval/date:</b>	<i>March 2025</i>
<b>Frequency of Review:</b>	<i>Annual</i>
<b>Next Review date:</b>	<i>March 2026</i>
<b>Related Policies:</b>	<i>The Early Years Foundation Stage Policy</i>
<b>Minor Revisions:</b>	<i>Clarification on the storage of dummies within provision Articles 24 &amp; 31 added</i>
<b>Major changes</b>	<i>No</i>
<b>Full re-write</b>	<i>No</i>



**We are a Rights Respecting School with No Outsiders**

**Article 24: Every child has the right to the best possible health; schools must provide education on health and well-being**

**Article 31: Every child has the right to relax**

**Mission: Be The Best You Can Be**

**Vision: Providing A World-Class Start To Life**

At The Acorns Primary & Nursery School, we are a Rights Respecting School where everyone is welcome - we have No Outsiders. We equip our pupils with the skills and knowledge they need to become positive, global citizens. During their time here, children develop into intrinsically motivated, life-long learners: they understand the value of working hard and they aspire to achieve.

Our pupils leave us with a strong, moral compass, comfortable in their own skin, and knowing their own minds. They are brimming with self-belief and self-worth and are capable of being in respectful, trusting relationships with others in their community.

Throughout their time at The Acorns, we instil the characteristics of effective learning. These allow our pupils to develop into confident, resilient, and independent adults, prepared to succeed in the modern world.

We achieve this vision through our daily mission - Be The Best You Can Be - and by remaining true to our core values of Mutual respect, Equity, Inclusivity and Love.

**Values:**

**Mutual respect**



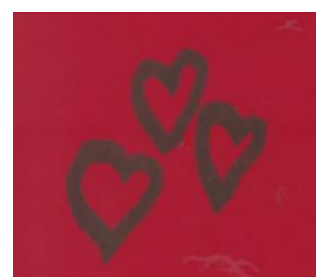
**Equity**



**Inclusivity**



**Love**



This policy sets out clear guidelines on supporting children's needs for sleeping. At The Acorns Primary and Nursery School we will ensure that ALL children receive the rest and sleep that they need during the session.

*EYFS Legal Requirement:*

*3.69 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.*

**Aims:**

- To promote the welfare of all children
- To ensure children have appropriate facilities in order to have a sleep if required.
- To provide guidance and reassurance to staff who support a child who needs a sleep.
- To assure parents/carers that staff are knowledgeable about personal care and that their individual concerns are taken into account.

**STAFF**

Staff are fully aware of the fact that children need to 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.

Staff have read NHS advice on Safety of Sleeping Children: Reduce the risk of sudden infant death syndrome.

**Parental Involvement**

Parents will be asked during the settling in process whether there are any special requirements with regard to naps or sleep times. Any specific requests will be noted and followed (where possible). Parents will be informed at the end of the session if their child has had a sleep during their session.

**Health and Safety**

- Risk assessments will be carried out for the quiet and resting area.
- Cleanliness, hygiene practices and equipment quality will be maintained (see cleaning sleeping mat and bedding procedure)
- Hazards
  - falling equipment – ensure there is no equipment stored above the resting area that might be pulled onto a child during resting times.
  - crowding risks – only one child per sleeping mat.
  - SIDS - all children who require a sleep will be laid down on their back
    - we follow the 'feet to foot' sleeping position.
    - temperature of the resting area will be monitored, ideal temperature is 16-20°C.

**REST AREAS**

Within the 2-year-old provision (caterpillar room) there is a quiet carpeted rest area with soft seating and cushions where children can go if they wish to rest and relax. If a child requires sleep, then the key person will provide them with a sleeping mat and a blanket. All blankets will be washed after use. Children who regularly require sleep will be issued with their own blanket or bring one in from home.

Sleeping mats will be cleaned with antibacterial cleaner after each use and stored near to the rest area.

## **COMFORTERS AND COMFORT BLANKETS**

Comfort blankets and soft toys are most welcome as they bring enormous comfort and reassurance to small children, especially when they are new to the setting and during rest and sleep times.

### **PLEASE NAME THEM.**

Parents may wish to provide dummies for their little ones, for they too can provide comfort during rest and sleep times, however here at The Acorns we do not provide, supply or ever introduce them to children.

If parents do provide dummies for their children to use, it is essential that they also provide a hygienic dummy pot that can be sealed to store the dummy in when it is not in use. When a pot is not provided by parents, dummies are stored in a hygienic sealed container with the child's photograph attached. This is easily accessible in provision, but is out of children's reach.

Dummies are usually restricted to sleep and rest times. They are not encouraged in the provision as they can hamper a child's interaction with others and are a major cause of speech delay.