

# Flagg Nursery School

## Sleep Policy

Flagg Nursery School



### Safety and supervision

- **Procedure:** After lunch children will be encouraged to go to the toilet or will have their nappy changed. They will then take off shoes, coats or bulky clothes and lie down on a sleep mat along with any dummies or comforters that their parent has provided. They will have their own cushion and blanket which will be kept in their own sleep bag and washed when necessary or once a month.
- **Frequent checks:** Staff will frequently check sleeping children to ensure their safety. We will document visual checks at least every 10 minutes and record this on a safe sleep log which will be saved in a file in the nursery iPad. A member of staff will remain in the sleep room at all times. Parents will receive a message via Class Dojo so that they know how long their child has slept for.
- **Safe sleeping environment:** The sleeping area must be clear of hazards, blinds will be drawn down and relaxing music will be playing.
- **Temperature control:** The room should be maintained at a comfortable temperature, ideally between 16 and 20 degrees Celsius. Staff must ensure that children do not get too hot or cold and will remove outer clothing, such as hats, hoodies, and jackets, before sleep.
- **Trained staff:** Staff will have training in paediatric first aid and safer sleep practices to recognize signs of distress or breathing difficulties.

### **Individualised and respectful care**

- **Partnership with parents:** A child's individual sleep needs and routines will be established in partnership with parents during the settling-in period. This includes their sleep schedule, length of naps, and any specific cultural or medical considerations.
- **Respecting a child's needs:** We will not force a child to sleep. If a child is distressed or does not want to sleep, they will be offered a rest or quiet activities instead.
- **Individualized plan:** Some children, such as those with special educational needs and disabilities (SEND), may require additional support or reasonable adjustments to their sleep plan.

### **Routine and procedures**

- **Documentation:** Sleep and rest periods will be recorded on a sleep log. This log will note the time of checks, the child's sleep position, and any observations. These records are shared with parents.
- **Settling children:** A key person or another member of staff will help a child settle to sleep, with techniques agreed upon with the parent. For example, this might include playing quiet music or patting their back.
- **Quiet time:** For older children who have stopped napping, a "quiet time" will be scheduled to provide a period of rest after lunch.
- **Review:** The policy will be reviewed annually or sooner if guidance changes

### **Unsafe practices**

We will not:

- Use infant car seats or buggies for prolonged sleep.
- Allow a child to fall asleep with a bottle in their mouth.
- Use sleep positioners, baby nests, or wedges

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