September 2026

SCALLYWAGS PRE-SCHOOL, HALWILL

SLEEP POLICY

Policy Statement

At Scallywags Pre-School we believe that it is vital for children to get the sleep they need to develop their cognitive, emotional and physical skills. We recognise that each child's routine is unique and we will work closely with caregivers to ensure there is consistency between home and the setting, while still maintaining safe practices and meeting our duty of care.

Guidance and information gathering

Caregivers will be asked to provide details of their children's routines before their first day, including, if any, the usual duration and time(s) of their nap(s), as well as settling techniques used at home. If there are any changes to the child's routine, this should be communicated to the setting straight away. Caregivers will be notified of their child's sleep times at the end of each session/at handover, where appropriate.

For children who require dummies, these should be provided by caregivers, and they will be stored with the child's personal belongings. Orthodontic dummies will be recommended. If a dummy falls out of a child's mouth while sleeping, it will not be put back unless the child wakes. Dummies must not have neck cords as these can pose a strangulation risk.

We follow statutory guidance on safer sleep and have thorough risk assessments in place regarding sleep and nap times. Our setting is smoke-free and vape-free, so children will not be exposed to either substance at any time, including while sleeping.

In addition to following safer sleep procedures in our setting, we also aim to equip families with the information they need to make informed decisions regarding their child's sleep procedures at home. Should caregivers' wishes go against safer protocol, we will discuss this on a case-by-case basis.

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Safe Sleep Procedures

At Scallywags Pre-School we do not have a separate sleeping room, however we give careful thought to potential hazards that need to be out of reach and how we will monitor each child. When a child or children are sleeping a member of staff will always remain within sight and hearing of them.

As per the Early Years Foundation Stage Statutory Framework (EYFS), childcare settings must ensure that young children are kept safe when sleeping. Our Sleep Policy and Procedures follow statutory guidance. Our Sleep Policy and Procedures also align with advice from The Lullaby Trust website for 2 year olds which states that the safest sleep environment is a firm, flat, separate sleep space with minimal bedding, back sleeping, appropriate room temperature, and frequent supervision.

Sleep spaces will only contain a firm, flat, waterproof mattress and lightweight, natural fibre bedding which is firmly tucked in around the child below their shoulders to prevent it covering the child's head. Alternatively, a well-fitted baby sleep bag may be used as long as the manufacturer recommendations have been checked beforehand. Duvets and quilts will not be used as they are too heavy and can cause overheating.

Cots are not used at Scallywags.

As always, any strangulation hazards, such as blind cords and plastic bags, will be kept out of reach of children.

A recommended room temperature of between 16 and 20 degrees is maintained where possible, avoiding heat sources, direct sunlight and draughts.

Precautions will be taken to ensure children do not overheat. They will not sleep in outdoor clothing/coats, be given hot water bottles/electric blankets, or have heaters close by during nap times. Children will not have hats, slings or muslins covering their heads/faces while asleep. Where necessary, their body temperature will be checked using a hand on their chest or upper back.

All sleep spaces will be kept clear of toys, cushions, sleep positioners, wedges or loose bedding. Drinks bottles are not permitted to be kept nearby as these can present a choking hazard.

Children will be laid down to sleep on their backs however if they roll over onto their side they will not be returned to their back.

At Scallywags Pre-School, we will wake a child at the end of their allocated sleep time gently.

After each sleep, mattresses will be wiped down and the bedding changed.

Sleep times will be recorded on a log sheet.

Emergency Procedures

All staff know to call 999 if a child will not wake up, stops or has difficulty breathing, appears overly confused or has a seizure.

September 2026

This policy was adopted at a meeting of Scallywags Pre-School held on September 28th 2026

Signed ……

Name ……

Position ……..

Signed ……

Name ……

Position ……..

References:

Help for early years providers : Safer sleep

https://www.lullabytrust.org.uk/baby-safety/safer-sleep-information/

If you require clarification of any part of this policy, please speak to the Administrator.