



Freeland CE Primary School

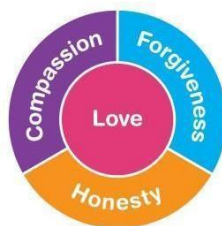
EYFS Sleeping Policy

Policy Agreed by the Governing Body on 21/11/24

Signed: *S. Dawes*

Signed Head Teacher: *P. McCarthy*

Review Date 21/11/27



Our Mission Statement:

*'From small beginnings come great things:
Know your roots, Branch out and Fly high'*

Introduction

Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS) 2023:

'Children learn best when they are healthy, safe and secure, when their individual needs are met, and when they have positive relationships with the adults caring for them. The safeguarding and welfare requirements, specified in this section, are designed to help providers create high quality settings which are welcoming, safe and stimulating, and where children are able to enjoy learning and grow in confidence.'

Providers must take all necessary steps to keep children safe and well. The requirements in this section explain what early years providers must do to: safeguard children; ensure the suitability of adults who have contact with children; promote good health; manage behaviour; and maintain records, policies and procedures.

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

At Freeland CE Primary, we will work with children and parents to ensure the rights and safety of children and to give them the very best start in life. It is our policy that children may sleep as they require - to meet their personal needs.

At the requested sleeping time, the child will be asked if they would like to rest in the calm area. An adult will observe if the child falls asleep and monitor them accordingly. As we are a school setting, other children will be in the room, so we cannot guarantee that it will be quiet during these times. It is encouraged that the child will self soothe and fall asleep on their own accord.

We record and monitor sleep by:

- We ask parents to complete sheets on their child's sleeping routine when the child starts at Nursery, for us to be aware of their home routine.
- At parents' request, we will provide children with a calm space during the day at particular times.
- We will endeavour to follow your child's timetable, and allow children to rest during certain times of the day.
- Staff members will conduct physical checks on sleeping children to ensure they are breathing normally, have not been sick and they are not too hot or cold.
- Children will be checked at least every 10 minutes – this is recorded on Tapestry.
- If a child has a sleep, this information is to be shared with parents/carers daily via Tapestry.
- If a child falls asleep they will be encouraged to wake after an hour of sleep (unless instructed otherwise).

We provide a safe sleeping environment by:

- There is a calm space available for children who need to rest.
- If a child falls asleep in the classroom, they will be transferred to the calm area by a member of staff who will gently lift them and carry them to the calm area.
- If a child falls asleep, staff will ensure they are safe and comfortable – children will be

monitored regularly.

- Outdoor clothing (shoes / coats) will be removed so that children are comfortable.
- Children can have comfort objects if required.
- Staff members will ensure that they kept away from their faces during their sleep time.
- A staff member is always in the room with the child and in close proximity to the calm area.
- Children who are feeling unwell and have fallen asleep will have a member of staff with them at all times, until their parent/carer arrives to collect them from the setting.

School will provide:

- A calm area
- Sleeping mats

Parents will provide:

- Comfort items if required
- Blanket if required