



## **Forfar Education Rest & Sleep Policy**

The aim of this Rest & Sleep Policy is to provide a clear framework to ensure the health, safety, and wellbeing of all children who require support to sleep or rest while attending Forfar Education EYFS settings.

### **Legislation**

This policy is based on the requirements set out in the Early Years Framework 2024, ensuring that all practices meet national regulatory standards for child welfare and safety.

### **Principles**

At Little Crickets Forest School, we promote healthy and safe practices to help children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS-checked and approved staff caring for the children.
- Children's individual sleep needs are identified and met appropriately.
- Children's rights to health, safety, and wellbeing are fully respected.
- Family cultural preferences regarding sleep routines are considered.
- Sleeping and resting at nursery is a positive experience, where both the child and family feel supported.
- Consistency of care is maintained whenever possible.
- Families are provided with information or signposted to further support resources related to sleep and bedtime routines if needed.

### **Nursery Setting Responsibilities**

The Nursery will ensure that all staff members supporting children with sleep or rest are employees of the setting who have undergone appropriate safeguarding checks. All staff will be familiar with the procedures and responsibilities involved in supporting children's sleep. Additionally, we will:

- Maintain confidentiality, ensuring personal and sensitive information is shared only with those who need to know.
- Act in accordance with the Forfar Education safeguarding & child protection policy and procedures if there are concerns about a child's wellbeing.

- Ensure that suitable facilities and equipment for sleep and rest are provided.
- Collaborate with parents to support children's sleep routines, ensuring consistency between home and the setting.
- Promote a positive atmosphere where parents feel comfortable sharing information about their child's sleep needs or difficulties.
- Record and update children's sleep routines, ensuring these are regularly reviewed in partnership with parents as the child's development progresses.
- Monitor sleeping children every 10 minutes, recording the time the child is put down to sleep, when they wake, and any observations during sleep.
- Provide parents with access to sleep monitoring information at any time.
- Take parents' wishes into account when handling sleep arrangements, but address any unreasonable requests in consultation with management.
- Ensure children do not sleep for periods longer than one and a half hours unless requested or indicated by the parents.

### **Providing a Safe Sleeping Environment**

The setting will provide a safe and supportive environment for sleeping children by:

- Monitoring room temperature to ensure a comfortable sleeping environment.
- Using clean, light bedding/blankets and ensuring children are appropriately dressed to avoid overheating.
- Keeping the space around the child clear of objects that could pose a hazard.
- Not allowing children to sleep with bottles to prevent choking hazards and promote good dental health.
- Transferring children who fall asleep in a practitioner's arms to a safe sleeping surface.
- Encouraging children to sleep in designated quiet areas.

### **Parent Partnership**

Recognising that some parents may find it challenging to develop effective sleep routines for their children, the nursery will provide support and resources to help with sleep challenges, including:

- Signposting parents to relevant resources, such as health visitors or sleep specialists.
- Offering advice and guidance on establishing healthy sleep habits.

- Providing a supportive environment to discuss any sleep-related concerns or difficulties.

### **Staff Responsibilities in Promoting Positive Sleep Habits**

Staff will work with children to promote positive self-esteem and independence in their sleep routines as much as is practical. Staff will:

- Approach children quietly and calmly regarding the need to sleep, mindful of their engagement in play.
- Be alert to signs of tiredness and offer appropriate support to children when needed.
- Encourage children regularly to follow the routine, offering praise and positive reinforcement for cooperation and independence.
- Always remain calm and provide supportive care to children settling for sleep, ensuring they feel secure and comfortable.

### **Parent/Carer Responsibilities**

Parents/carers must ensure they provide all relevant information regarding their child's sleep needs when they start at the nursery setting and as the child's needs develop. This includes:

- Information on how long the child should sleep, any routines for going to sleep or waking, and any comforters used.
- Details of any health care professionals involved in supporting the child's sleep, as well as any sleep-related difficulties.
- Providing comforters in sealed bags, labelled with the child's name.
- Collaborating with the child's Key Person to create and maintain a shared care plan for sleep support.
- Keeping emergency contact details up to date with the Pre-School.

### **Conclusion**

Forfar Education is committed to providing a safe, supportive, and positive environment for children to sleep and rest. By working closely with families and maintaining high standards of care and communication, we aim to ensure every child's needs are met with dignity, respect, and safety.

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**Policy Owner:** Group Head of Early Years

**Last Reviewed:** March 2025

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