



EYFS Safer Sleep Policy

Reviewed by:	Isabel Mouzo – Head of EYFS	September 2026
Approved by:	Trish Watt - Head	September 2026
Governor Approval:	Suzie Longstaff	September 2026
Next Review Date:	September 2027	

Aims

At Eaton Square Prep School, we recognise that adequate rest and sleep are essential for children's physical health, emotional wellbeing, learning, and development. We understand that each child's sleep and rest needs are individual, and we work closely with parents and carers to ensure children receive appropriate opportunities for rest during the nursery day.

As this policy relates specifically to children aged 2 to 3 years, it focuses on safe sleep and rest practices appropriate for toddlers.

Sleep and Rest Procedures

Partnership with Parents

Prior to a child starting nursery, parents and carers will be asked to share information regarding:

- Preferred settling strategies.
- Any comfort items used for sleep.
- Any medical or developmental needs that may affect sleep.
- Parents should inform the nursery of any changes to their child's sleep routine or needs. For example, if a child stops having a nap during the day.
- Parents will be informed that the scheduled sleep period at Eaton Square Prep School takes place after lunch. A daily rest period takes place after lunch. Children who require sleep are supported to nap, whilst children who no longer sleep are provided with appropriate quiet activities.
- Parents will be informed that children will never be forced to sleep. Staff will work closely with parents to support individual sleep needs while ensuring children's wellbeing, comfort and emotional security.

Safe Sleep Environment

Children who require a sleep during the nursery day will rest in a designated sleep area that is:

- Clean, safe, and appropriately supervised.
- Maintained at a comfortable temperature.
- Free from hazards and unnecessary items.
- Checked regularly by staff throughout sleep periods.
- Has good ventilation.
- Where the lighting is kept low but sufficient for supervision.
- The doors are closed to minimise noise.
- The blinds are positioned to maintain visibility.
- The sleep area and sleep arrangements are subject to regular risk assessment and review. (tell staff to add this to the classroom RA and daily classroom RA- then delete)



Each child will have their own designated sleep mat. Sleep mats are cleaned after each use and individual blankets are laundered at the end of each week.

The sleep area will be kept free from pillows, duvets, Toys or soft furnishings that may pose a risk and any items that could cause overheating or entanglement. Children will not sleep while wearing coats, outdoor clothing, or items that may cause overheating.

Supervision and Monitoring

Children are always supervised while sleeping or resting.

Staff will:

- Maintain sight and/or hearing of sleeping children at all times.
- Carry out regular visual checks throughout sleep periods.
- Record sleep times where required by a parent.
- Respond promptly if a child wakes, becomes distressed, or requires support.
- All the EYFS staff are Paediatric First Aid trained.

Should a child become unwell during sleep, staff will follow the school's medical and emergency procedures and contact parents where necessary. In the event of a medical emergency, staff will call **999** immediately.

Settling Children for Sleep

Staff recognise that every child settles differently and will support children in a calm, reassuring, and consistent manner.

Where appropriate:

- Children may have a comforter supplied by parents. These items must be age appropriate, clean and pose no risk of entanglement or obstruction of breathing.
- Dummies may be used if agreed with parents and stored hygienically.
- Children will be encouraged to develop independent settling skills.

Staff will always use gentle and age-appropriate methods to support children to rest.

Rest Time for Children Who Do Not Sleep

Not all children aged 2 to 3 years require a daytime sleep. Children who do not sleep will be offered a period of quiet rest.

Rest opportunities may include:

- Looking at books
- Story time
- Quiet table-top activities
- Relaxing music
- Calm small-group activities

These opportunities enable children to recharge and regulate their energy levels whilst respecting their individual needs.

Staff Responsibilities



All staff members are responsible for:

- Following this policy at all times.
- Ensuring safe sleep and rest practices are maintained.
- Monitoring children appropriately during sleep periods.
- Reporting any concerns regarding a child's sleep, wellbeing, or safety.
- Working collaboratively with parents to support children's individual needs.