

50. Sleep Policy

At St Catherine's Independent we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding or blankets
- Using a firm sleep mat bed in conjunction with a clean fitted sheet
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Cleaning all bedding as required and at least weekly
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Transferring a child who is brought into nursery while sleeping to a safe sleeping surface to complete their rest
- Having a No smoking/vaping policy.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Further information can be found at: <http://www.lullabytrust.org.uk>

This policy was adopted on	Signed on behalf of the nursery	Date for review
03/12/2025	H Brockliss	03/12/2026