

Safe Sleep and Rest Policy

For

Brearley Nursery School

This policy was ratified by the *Governing Body* on *Autumn 2025*

The following persons are authorised to approve minor changes between reviews:

Chair of Governors : Nishma Patel

Health and Safety Governor: Nishma Patel

Brearley Nursery School

Mission Statement

"A safe place to hope, learn, play, enjoy and grow".

At Brearley Nursery School we value all of our children and families. As a setting we follow Birmingham City Council's safeguarding procedure and we uphold the British values whilst celebrating the diversity in our communities. We promote mutual respect and we're an inclusive setting and our ethos and curriculum enables children to be independent learners- making choices and building strong relationships particularly with their peers. Thus enabling a safe learning environment. All of these create the firm foundations needed to encourage democracy, the rule of law, individual liberty, mutual respect and tolerance of those of different faith and beliefs. Staff members are trained on the 'Prevent Strategy', this is utilised in the delivery of the curriculum and within our professional practice.

SAFE SLEEP AND REST POLICY

September 2025

Context

This policy links to: The Early Years Foundation Stage DfE 2021 Statutory Framework, setting the standards for learning, development and care for children from birth to five, section 3, safeguarding and welfare requirements.

We recognise that young children get very tired during the day and may need opportunities to rest and sleep within nursery. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children get the sleep they need and so we facilitate this in the nursery and understand that it is an important part of their personal and developmental needs.

Rights Respecting School

This policy is in accordance with the 1989 United Nations Convention on the Rights of the Child (UNCRC)

- Article 3 - The best interests of the child must be a top priority in all things that affect children.
- Article 19 - Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

Comfort Blankets and Toys

We are requesting that your child does not bring any soft toys in to nursery. We are trying to limit any contamination from different settings. However, any comforters such as dummies should be checked for safety and suitability by a staff member before given to a child. If a comforter dummy is unsuitable i.e. worn, then it is the responsibility of the child's keyworker to make the parent/carer aware that this will not be used at nursery.

Rest Areas

Within the nursery room there is a quiet sleep area with floor coverings/ seating where children can go to if they wish to rest and relax. Sleep mats and lightweight blankets are provided. These are all in first class condition, clean and fit for purpose. Bedding is washed after every use. Children will not be put to sleep on a beanbag as this is dangerous.

Staff

Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate if they are tired and need to rest and are also encouraged to take a rest or nap if they appear tired.

Parents' Wishes

The preferences and wishes of parents are always valued and respected and staff work closely with them on a daily basis to ensure each child's individual needs are met. Initially parents complete an "All About Me" form which identifies the child's current sleep routine in order for their child to continue the same routine in nursery.

Sleep Records

Sleep records are completed each day, children are monitored and checked every ten minutes throughout their sleep by staff in the room, so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed verbally at the end of each session if their child has slept.

Sleep Routine

A member of staff helps children to settle to sleep and remains in the room within earshot, at all times when children are sleeping.

Below is a [Child Sleep Monitoring Checklist in each room](#)

Child Sleep Monitoring Checklist

- 1) Ensure each child has their own separate daily sleep chart.
- 2) Check child every 10 minutes.
- 3) Check for breathing. (If chest is rising)
- 4) Check the child's skin to ensure no changes.
- 5) Record any noticeable changes in the check box.
- E.g. sweating, change of skin colour and where on body, bruises etc.
- 6) Communicate any changes to team members.
- 7) Follow first Aid procedure if necessary.
- 8) Record accidents in book.
- 9) Inform SLT
- 10 Blanket placed in laundry bag.
- . 11) - When a child shows signs of a illness from an outbreak, **Staff will wear PPE need to make close contact with children.**
- 12) Use thermometer to check temperature and record on appropriate sheet.

- 13) Ring parent/s or carer
- 14) If everything is fine please tick box