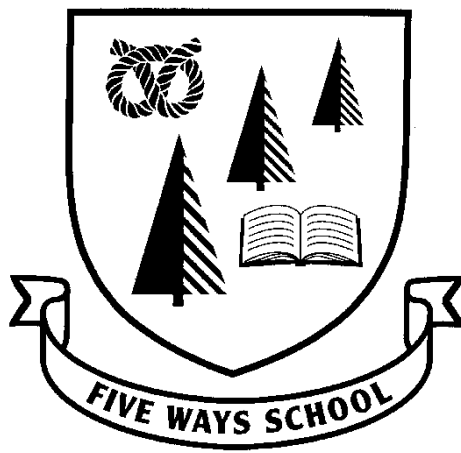


Five Ways Primary School



EYFS Sleep and Rest Policy

November 2024

1. Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst in our Early Years setting.

2. Legislation

This policy is based on requirements set out in the 2024 statutory framework for the Early Years Foundation Stage (EYFS).

3. Principles

At Five Ways we promote healthy and safe practices in helping children sleep and rest.

We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.

4. Early Years Responsibilities

The Early Years staff will ensure that anyone who supports a child sleeping or resting in nursery or Year R is an employee of the school, has had appropriate safeguarding checks, and is aware of procedures and responsibilities for supporting children's sleep.

The Early Years staff will adhere to the Five Ways Primary School and Early Years Safeguarding policy and procedures and act accordingly should there be any concerns for the child's wellbeing or safety.

At all times the child's safety, dignity and wellbeing is promoted.

Five Ways Early Years will ensure that suitable facilities and equipment are provided for and designated places for sleep and rest are identified.

The Early Years staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years. Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing in nursery or reception. Prior to starting nursery, discussions between home and school take place, identifying children's sleeping needs and routines to provide consistency for the child. Information is recorded on the home visit record. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer.

Sleeping children will be monitored by staff, regularly at 10-minute intervals. Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of Parents wishes when dealing with sleeping children. We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Within our Nursery, there are quiet reading dens/areas with soft cushions where children can go if they wish to rest or relax with a book, at any time of the day.

If a child wishes to sleep then they will be placed on a sleep mat in a quiet space where they can be made comfortable and safe without disturbing them. Sleeping children will be monitored by Early Years staff. Staff will not normally leave children to sleep for periods longer than one hour unless requested or indicated by the parents/carers.

The Early Years staff will take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

Checking a child whilst sleeping will involve:

- Checking at regular intervals without disturbing them.
- Ensuring they are not too hot or cold.
- Placing a gentle hand on the child's chest to check they are breathing or putting the back of their hand near the child's mouth to feel for breath.
- Sleep mats are washed daily.

4.1 Early Years responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at school. Parents will be provided with information or signposted to support, such as Health visitors.

4.2 Early Years staff responsibilities in supporting positive self esteem

Early Years staff will work with the child to promote a positive self- esteem and independence with sleep as far as is appropriate and practical. Early Years staff will remain calm and offer a supportive approach to children at all times. Staff will approach children quietly and calmly regarding the need to sleep, being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if a child is showing signs of tiredness.

5. Governor Responsibilities

To ensure sufficient staff are trained to meet Early Years ratios and the developing needs of young children. The governing body will ensure this policy is monitored and reviewed at least every three years.

6. Parent/ Carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards to sleep, for their child, on entry to Early Years. As the child develops, the child's needs

will be reviewed with parents/carer, to ensure their sleep needs are met. This includes information about how long the child is to sleep, any routines for going to sleep or rising, details of any health care professionals involved in supporting sleep, or any problems or health care difficulties with sleep. Parents/carers should work with their child's identified Key Person/member of staff, towards agreeing a shared plan for care and support – this plan will be documented in written form. Parents/carers must ensure that Early Years / School have up-to-date emergency contact details.