



Earith Preschool 7

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Sleep Policy

On occasions children will occasionally fall asleep during their time at preschool. Whilst we do not have set sleep times we do try to accommodate individual children's needs. No child is made to sleep.

- Children sleep on a designated cushion and have clean bedding which will be washed after each use.
- Children can have any comforters, dummies etc if they have them.
- Nappies checked and changed as necessary and heavier clothing removed.
- Hair accessories that may come lose or detached are removed before sleep/rest time.
- A separate area is made quiet, blind drawn and light turned off.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Sleeping children are regularly checked at least every ten minutes and are within sight and hearing of staff.

Policy/procedure Review date	September 2025
Next review due on	September 2026
Signature on behalf of provider	
Name of signatory	Deborah Young
Role of signatory	Chair person of committee

Further guidance

[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice