



HOLY REDEEMER PRE-SCHOOL

6.9 Sleep and rest time

Policy statement

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep.

Children

- Children sleep on rest mats and have their own bedding..
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- A separate area is made quiet, perhaps with soft music playing and curtains drawn.
- 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, they are not left to sleep in a buggy or bouncy chair.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff.
- We ensure the children are not too hot or too cold. We ensure the room is well ventilated with a recommended temperature of 16-22C (however this may be higher during the summer months).
- Sleep mats are cleaned after each use.
- We ensure the sleep space is kept clear of all items and there is nothing within reach of the space eg blinds cords, nappy sacks, soft toys etc
- No children are to arrive at the setting asleep.
- We have a smoking policy (we identify that smoking can increase the chance of SIDS).

Further guidance

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

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This policy was adopted by	The Holy Redeemer Pre-School
Updated:	June 2025 (date)
Date to be reviewed	June 2028 (date)
Signed by provider:	Laura Heath, Manager
	Shelley Masher, Manager
Approved on behalf of the provider	
Name of signatory	Rev Melanie Jemmett
Role of signatory (e.g. chair, director or owner)	Chair of Trustees The PCC of The Holy Redeemer Lamorbey