

Razzy's Daycare & Nursery



Razzy's Daycare & Nursery
Est. 2025

Sleep and Rest Policy

Date of Issue: December 2025

Review Date: December 2026

Introduction

At Razzy's Daycare & Nursery, we recognise that sleep and rest are essential to children's health, development, emotional wellbeing, and ability to learn. We are committed to providing a calm, safe, and nurturing sleep environment that respects each child's individual needs and routines while maintaining the highest standards of safety and safeguarding at all times. This policy should be read alongside the Safeguarding & Child Protection Policy.

Legal and Regulatory Framework

The safety of babies and young children while sleeping is paramount. This policy is informed by the Early Years Foundation Stage (EYFS) Statutory Framework 2025 and follows national safe sleep guidance from The Lullaby Trust (formerly The Cot Death Society) to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Safe Sleep Practice

All babies are placed on their backs to sleep unless there is written medical guidance stating otherwise. If a baby rolls onto their tummy during sleep, staff will gently return them to their back unless the child is able to confidently roll from back to front and front to back independently, in which case they will be allowed to find their own safe sleeping position. Babies and toddlers are never put down to sleep with bottles, dummies attached to cords, or any items that could pose a choking or strangulation risk.

Children are monitored visually at all times while sleeping, with staff checking for regular breathing and the rise and fall of the chest. Sleep checks are formally recorded at 10-minute intervals, and for babies under six months or children new to the setting, checks

are carried out every five minutes until staff are familiar with the child's routines and wellbeing. Children are never left to sleep in a separate room without staff supervision. A practitioner remains present or has clear visual and auditory supervision at all times to ensure children's safety.

Sleep Environment and Equipment

Razzy's Daycare & Nursery provides a safe, clean and well maintained sleep environment. Room temperatures are monitored to prevent overheating, and children are dressed appropriately for sleep. Clean, light bedding is used, and staff ensure that babies are neither too warm nor too cold. Only British Standard-compliant cots, beds, mats, and mattresses are used. Mattresses are firm and flat, with waterproof covers and clean fitted sheets. Cot bumpers, loose blankets, pillows, and soft toys are not used.

Comforters may be provided where needed, provided they are safe and agreed with parents. Spaces around sleep equipment are kept clear of cords, bags, or hanging items. Each child has individually labelled bedding, which is cleaned regularly and at least weekly, or sooner if soiled. Babies who fall asleep while being held or comforted by a practitioner are always transferred to a safe sleeping surface to continue their rest.

Individual Sleep Routines and Partnership with Parents

We ask parents about their child's sleep routines when they start the Nursery. This is recorded in the child's care record and shared with their key person and reviewed regularly to ensure routines remain appropriate and responsive to the child's development and wellbeing.

We value parents' knowledge of their child and work closely with families to support familiar routines wherever possible. Staff will never force a child to sleep or prevent a child from resting if they show signs of tiredness. Children are not routinely woken from sleep unless there is a clear reason, such as medical guidance or concern for their wellbeing. Sleep routines are followed individually rather than enforcing set sleep times for all children, ensuring each child's needs are respected.

Staff discuss children's sleep patterns with parents at the end of each day and share observations where changes in sleep appear to impact behaviour or wellbeing. Parents

are encouraged to share updates from home so a consistent and supportive approach can be maintained.

Supporting All Children During Rest Times

For children who require rest, staff create a calm and soothing environment, which may include dimmed lighting, quiet music, or familiar comfort items. At the same time, the needs of children who do not require sleep are respected. These children are supported to continue playing, learning, and exploring in an appropriate environment, which may include alternative activities, outdoor play, or time in another room or group.

Outdoor Sleep, Prams, and Special Arrangements

Babies may sleep outdoors or in prams only where this is safe, risk-assessed, and written parental permission has been obtained. Prams must fully recline to a flat position and be suitable for safe sleep. Each individual arrangement is reviewed regularly. [Sleeping arrangements for twins or multiples](#) follow guidance from The Lullaby Trust and are agreed in partnership with parents to support wellbeing and safety.

Safeguarding, Recording, and Monitoring

Sleep and rest arrangements form part of the nursery's safeguarding responsibilities. All staff are trained in safe sleep practices and are aware of their duty to report any concerns about a child's wellbeing to the Designated Safeguarding Lead (DSL).

Sleep checks and routines are recorded accurately, monitored by management, and reviewed during supervision and audits. Any concerns relating to sleep safety, changes in sleep patterns, or wellbeing are shared promptly with parents.

Review

This policy is reviewed annually or sooner if required due to changes in guidance or following an incident, to ensure ongoing compliance with EYFS requirements and best practice.