



Sleep and Rest Policy

Little Learners Nursery

Clapham

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Name of Proprietor:	Michelle Reynolds
Name of Manager:	Maria Crescenzo
Name of Designated Safeguarding Leads:	Michelle Reynolds Maria Crescenzo
Name of Deputy Designated Safeguarding Lead:	Beata Janik
Name and contact details of Wandsworth LADO:	Anita Gibbons LADO@wandsworth.gov.uk 07974 586461
Name and contact details of Wandsworth Designated Safeguarding Lead PVI settings:	Matt Hutt Tel: 020 8871 8820 Email: matt.hutt@richmondandwandsworth.gov.uk



Policy Statement

Little Learners is committed to promoting every child's health, well-being, and development.

We recognise that sleep and rest are essential to young children's growth, emotional regulation, and learning.

Our Sleep and Rest Policy ensure that all children are supported to sleep or rest safely, comfortably, and according to their individual needs, while maintaining high standards of supervision and safeguarding.

Our procedures are informed by best practice recommendations from **The Lullaby Trust**, the UK's leading charity for safer sleep.

This policy applies to all staff, volunteers, students, and visitors involved in children's care.

Aims

We aim to:

- Provide a safe, calm, and comfortable environment for sleep and rest in line with current research and The Lullaby Trust's safer sleep guidance.
- Follow parents' preferences and children's individual routines as closely as possible.
- Ensure safe sleep practices in line with current health and safety and [SIDS-reduction guidance](#).
- Promote children's independence and emotional security by encouraging their self-regulation and comfort.
- Maintain high levels of supervision at all times.



Sleep Environment

We provide a dedicated sleep/rest space that:

- Is well-ventilated and maintained at a comfortable temperature (16–20°C recommended by The Lullaby Trust).
- Is dimly lit to create a relaxing atmosphere.
- Is quiet and calm, promoting restful sleep.
- Contains age-appropriate safe sleep equipment.
- Is free from hazards, loose bedding, and clutter.

All sleep equipment is cleaned regularly and checked for safety before use.

Safe Sleep Procedures

Staff must follow the safe sleep guidelines below:

Toddlers

- Children sleep in designated beds.
- Light blankets may be provided with parental permission.
- Children may bring a comfort object from home (e.g., small teddy, muslin).

General Safety Requirements

- Sleep areas are always in sight and hearing of staff.
- Regular checks are completed and logged every 10 minutes on the sleep chart or more frequently where required. **(Appendix 1)**
- Any signs of distress, unusual breathing, or discomfort are recorded and acted upon immediately.
- Children must never be forced to sleep or kept awake unnecessarily.



Individual Sleep Routines

We recognise that all children have different sleep needs.

- Parents are asked to provide details of their child's routine on registration and keep us updated of any changes.
- Where possible, we follow home sleep patterns to support continuity of care.
- Staff will encourage rest even if a child does not sleep; a quiet space will always be available.
- Children are supported gently to settle using soothing, respectful methods.

Supervision & Monitoring

Sleep supervision procedures include:

- A member of staff remains physically in the sleep area.
- A 10-minute sleep check is recorded using the Sleep Chart. **(Appendix 1)**

Waking Procedures

Children are woken gently and respectfully:

- Staff use calm verbal cues or gentle touches.
- Children are given time to transition back to play.
- If a child wakes distressed, staff offer reassurance, cuddles, and comfort.
- Parents are informed if their child had difficulty settling or if sleep was significantly longer or shorter than normal.



Parental Partnership

Little Learners values open communication with parents.

We will:

- Discuss each child's sleep needs on induction.
- Agree sleep preferences (e.g., maximum nap length, comfort items).
- Provide daily feedback about your child's sleep (duration, settling, mood).
- Inform parents of any sleep-related concerns or unusual patterns.
- Support parents with sleep routines where requested.

Parents must:

- Update us of any changes to sleep routines.
- Inform us if the child has slept unusually long or little prior to arrival.

Staff Training

All staff receive training in:

- Safe sleep practices
- SIDS awareness
- Recognising signs of distress or breathing difficulties
- Recording and monitoring procedures

Reference to The Lullaby Trust

Our safe-sleep procedures are aligned with the recommendations provided by The Lullaby Trust (www.lullabytrust.org.uk), whose national safer sleep advice supports early years providers in creating safe environments for babies and young children.

Week Beginning:

- Remove any items of clothing, cushions and other soft furnishing that can obstruct breathing.
- If the child shows signs of overheating, check the room temperature and remove extra layers as needed.
- Place all babies aged 12 months or younger on their backs to sleep unless they have an alternate sleep position waiver. After infants can easily turn over from the back to the stomach, continue to place them on their back to sleep. You can then allow them to adopt their own position for sleep.

[illegible]