

Sleep and Rest Policy

Purpose

Aflah Nursery is a sessional early year setting and does not routinely provide scheduled sleep or nap periods. However, we recognise that young children have individual needs and that a child may occasionally become tired or require sleep whilst attending the nursery.

Where a child needs to sleep or rest, Aflah Nursery will ensure that appropriate arrangements are made to protect their safety, comfort and wellbeing in accordance with the Statutory Framework for the Early Years Foundation Stage (EYFS) and current safer sleep guidance.

Our Approach

Children's individual needs will always be considered, and staff will work in partnership with parents and carers where a child is known to require rest or may occasionally sleep during their nursery session.

Children will never be prevented from sleeping when they are genuinely tired. Where a child falls asleep or requires a period of rest, staff will ensure that they are placed in an appropriate, safe and comfortable area and remain suitably supervised.

Children who do not require sleep will continue to have access to the normal nursery provision and will not be expected to sleep.

Safe Sleeping Arrangements

Any child who sleeps whilst attending Aflah Nursery will be placed down safely in a suitable sleep space appropriate to their age and individual needs. Sleep equipment will be clean, in good condition and free from avoidable hazards.

All sleeping children will remain within sight and hearing of staff and will be checked frequently throughout their sleep.

Sleep spaces for children will contain only a firm, flat, waterproof mattress and appropriate lightweight bedding that is firmly tucked below the child's shoulders. Alternatively, an appropriately fitted baby sleep bag may be used in accordance with the manufacturer's instructions.

Where a blanket is used, the child will be positioned with their feet at the foot of the cot and the blanket securely tucked in.

Children's heads will remain uncovered, and staff will ensure that children do not become too hot or cold. For babies, the room temperature is typically maintained within the recommended range of 16–20°C.

Staff will follow current NHS safer sleep advice and the relevant EYFS requirements whenever a child sleeps whilst attending Aflah Nursery.

Supervision and Monitoring

Sleeping children will remain appropriately supervised throughout their sleep.

Staff will check sleeping children frequently and monitor their breathing, position, comfort and general wellbeing. Children will remain within sight and hearing of staff while sleeping, and any concerns about a child's health or well-being will be addressed immediately.

Where appropriate, the time a child falls asleep, and wakes will be recorded and shared with their parent or carer.

Partnership with Parents

Parents and carers are encouraged to inform the nursery of any relevant sleep needs, routines, medical conditions or changes that may affect their child's need for rest.

Where a child regularly requires sleep during their nursery session, the Nursery Manager and parent or carer will discuss appropriate arrangements to ensure the child's individual needs can be met safely within the sessional nature of the provision.

Staff Knowledge and Responsibilities

All staff are responsible for understanding and following the nursery's safer sleeping arrangements. Staff will familiarise themselves with current NHS safer sleep guidance and the relevant requirements of the EYFS.

Any concern about a sleeping child must be acted upon immediately and reported to the Nursery Manager.

Monitoring and Review

The Nursery Manager is responsible for ensuring that any sleeping arrangements used within Aflah Nursery are safe, appropriate and consistent with current statutory requirements and safer sleep guidance.

This policy will be reviewed annually, or sooner if legislation, statutory guidance, or nursery practice changes.

Date Approved: August 2026

Review Date: August 2027

Aflah Nursery