

Bow Lane Pre-school

The Safeguarding and Welfare Requirements: Health

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

6.9 Sleep and rest time

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.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

Children 18 months plus

- Children sleep on rest mats and have clean bedding every time.
- Children are encouraged to bring in a comforter from home and leave in their bag on their peg, key person will discuss with parents the suitable time to use comforters and children are supported to get these when it is nap time.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- A separate area is made quiet (cub room when possible) with a dedicated staff member staying in the room at all times.
- Children are settled by a familiar adult and comforted to sleep. Adult 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 at a table etc.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff.

- Children will be placed on their backs to sleep In line with safe to sleep
- Setting staff liaise with parents/carers with regards to the sleep pattern of their child.

Further guidance

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

This policy was adopted at a meeting of	Bow Lane Pre-school	name of setting
Held on	4 th April 2026	(date)
Date to be reviewed	6th September 2026	(date)
Signed on behalf of Bow lane		
Pre-school		
Name of signatory	Zoe Pearson	
Role of signatory	Owner	

