



Allsorts Childcare Sleep and Rest Policy

Purpose

This policy outlines the procedures for staff to follow for children who sleep whilst in our care.

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different so we provide flexibility and opportunities for children to take naps and rest as they need.

Principles

Allsorts ensures that all children receive the rest and sleep that they need during the day and regard it to be a highly important part of their personal and developmental needs.

A 'Starting Points' form is filled out by the parent/carer when their child starts settling into the nursery and this is updated as and when needed. We recognise parent/carers' knowledge of their child's sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

Safe sleep

Allsorts follow safe sleep practices as recommended by the Lullaby Trust and The Cot Death Society.

Children who are asleep are checked on every 10 minutes and we ensure a safe sleeping environment.

Sleep and rest areas

Babies in the baby room at Brackenbury will sleep in cots or sleep pods within the room.

Toddlers and preschool children who still require sleep will be placed on mats, with a sheet and a breathable blanket, in a quiet area of the room.

Any babies or young children who need to sleep will not be placed in a pram or pushchair to sleep; however, if they fall asleep in a pram or pushchair whilst out on a trip, they will be transferred into a cot or placed on a mat on arrival back at the setting.

Parent's wishes

The preferences and wishes of parents are always respected, and staff work closely with them, especially in the baby room, to ensure each child's individual needs are carefully met.

Some parents prefer their children to only have a short nap, however at Allsorts we try to avoid waking children up and allow them to naturally wake by themselves. But we will take into account a parents wishes and work with them if it is clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

Sleep at the beginning and end of the day

Children should not be handed over at Allsorts asleep. Any child that is asleep on arrival will need to be woken by their parent/carer.

This is to ensure the child is aware of their surroundings before the transition into Allsorts and stops unnecessary distress.

If a child is asleep at the end of their session when their parent/carer arrives to collect them, we will invite the parent/carer in to wake their child so that they are aware they will be going home.

Sleep and Rest for Children Over 2 Years Old

Purpose

At Allsorts, we recognise that every child's needs are unique. We provide flexibility and opportunities for children to rest or nap according to their individual requirements. We consider rest to be an essential part of each child's personal well-being and overall development.

Rest Area

A designated rest area with cushions and soft mats is available within the toddler/preschool room. This space allows children who need to rest or sleep to do so comfortably, without disturbance from others who are engaged in play.

Parent Partnership

We value and respect parents' wishes and work closely with them to ensure that every child's individual needs are met. Some parents may prefer their child to have only a short nap to avoid disrupting night-time sleep, and this will be taken into account—provided it is in the best interests of the child. We will never force a child to sleep or to stay awake against their will.

Comfort Items

Comfort blankets and soft toys are welcome, as they offer reassurance and a sense of security—especially for new children or during rest periods. These items will be safely stored in trays or bags when not in use.

Dummies

Dummies are not encouraged within the toddler/preschool room, as they may hinder speech development and social interaction, and can contribute to speech delay. (See Dummy Policy for further details). Safer sleep practices indicate that using a dummy consistently during naps and sleep can actually reduce the risk of Sudden Infant Death Syndrome (SIDS). Therefore, we will allow a child to use a dummy at nap time if they use one at home. However, the pacifier will be put away once the child has finished sleeping.

Staff Practice

- Staff understand that children have individual routines and that rest needs vary as they grow and develop.
- Children are encouraged to express when they feel tired and wish to rest or sleep.
- Staff will not force a child to sleep or to stay awake.
- If a child wishes to sleep, they will be encouraged to self-soothe. Limited adult comfort (such as gentle reassurance, hand-holding, or sitting nearby) may be offered for up to 15 minutes.
- Parents are informed verbally at collection about their child's rest or sleep that day.

- Sleeping children are visually monitored at all times and will never be left alone in a separate room.
- Staff will observe breathing (rise and fall of the chest) and changes in position during sleep checks.
- If a child falls asleep during play, they will be carefully moved to the rest area, and their sleep will be logged on Famly.

Core Hours Attendance

Children attending only during core hours (9:30 am – 2:30 pm) are generally encouraged not to nap, due to the short duration of their session. Parents who have concerns or specific requests regarding this should discuss them with staff.