

Sleep

The Play Corner recognise how is it vital that children get sleep when needed to support their cognitive, physical and emotional development. It is essential for your child's well-being that they have enough quality sleep/rest time. This policy is supported by the practice recommended by The Lullaby Trust and Early Years Foundation Stage 2026.

If a child arrives to the setting asleep, we will wake the child up to ensure they are ok. Once we have witnessed, they are ok we will then put them back down to sleep if required. If they arrive in a pushchair or car seat asleep, we will transfer them on to a mat, ensuring we remove coats etc.

Sleep restrictions

We respect and take into consideration parents views so any parents who do not wish for their children to sleep while at nursery this must be disclosed during the settling in sessions with a member of staff. We will distract children where possible not to sleep if the parent has requested this however, we will never physically keep your child from falling asleep. Similarly, if the child does not want to sleep, we will not force them we will try for a total of 20 minutes unless it is causing the child distress we will stop. We will then provide them with appropriate rest time for example quiet area reading books, sensory toys etc.

When waking children once they have reached their limit if parents have requested this, we will do so calmly and slowly, so we do not scare the child. We will remove blankets, increase noise levels slowly and the brightness of the room so children wake up as a natural as possible.

Before children are laid down to sleep, we will:

- Each child we be provided with their own sleep mat which is suitable for their age, fitted bed sheet, cellular blanket and coloured bag for storage.
- Ensure the child has a fresh nappy or been to the toilet
- Remove thick clothing and shoes
- Any bibs or anything round the neck removed
- Soft lullaby music playing, and lights dimmed where possible

When being laid down, we will:

- Place children on their back on a sleep mat only for children over 12months.
- Give comforter
- Blanket tucked in under their arms
- Not left to cry and supported by an adult
- Timer set for 10minutes once child is asleep and ensure they are checked when timer goes off, staff sign and mark time and reset timer this needs to be repeated

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every 10minutes to ensure no muslins/blankets are covering the child's face and they are still breathing. Continue this until the child wakes up and record the awake time. We record the sleep on tapestry so parents can access this.

If the child's bedding is not dirty, we will store it accordingly in their own colour bags and reuse them again on a different day. However, once the child's sessions are finished for the week, they will be washed ready for the next week.

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