Privett Montessori
NURSERY SCHOOL

6.8 Sleeping Routine

Policy statement

At Privett Montessori Nursery School, we understand the important role sleep and rest play in children's growth, well-being and development. We are committed to providing a safe, calm and nurturing environment where every child's individual sleep needs and routines are respected. All sleeping arrangements and practices follow the EYFS Statutory Framework effective from 1 September 2026 and current safer sleep guidance.

Policy Objectives

- Provide a safe, clean and comfortable sleeping environment.
- Respect children's individual sleep needs and routines.
- Work in partnership with parents to understand and support children's sleeping patterns.
- Ensure all staff follow current safer sleep guidance and appropriate supervision procedures.

Procedures

1. Scheduling and routines

- Younger children follow individualised sleep schedules, taking account of their age, needs, usual routines and information shared by parents.
- Older children are offered a quiet rest period during the day, with opportunities to relax or sleep according to their individual needs.
- Children who do not require sleep are supported with quiet activities, ensuring their need for rest is respected.
- Sleep routines are reviewed in partnership with parents as children's needs change.

2. Sleeping environment and equipment

- Children are provided with their own separate, clean and appropriate sleeping space.
- Babies aged 12 months and under must only be placed to sleep in a suitable cot, carrycot, Moses basket or travel cot, with a firm, flat mattress, in accordance with the manufacturer's instructions.
- Children under two years must have their own separate sleep space on a firm, flat surface, such as a cot, bed or suitable mattress on the floor.
- All mattresses must be firm, flat, waterproof and in good condition.
- Individual clean bedding is provided and washed regularly. Sleeping equipment and surfaces are cleaned and disinfected between uses.
- Sleeping areas are kept calm, well ventilated and free from unnecessary items.

3. Safer sleep practices

- All children under two years are placed on their backs to sleep, in accordance with EYFS requirements.
- For babies aged 12 months and under, the sleep space must remain clear, containing only the appropriate mattress and lightweight bedding, firmly tucked in below shoulder level, or a well-fitted baby sleeping bag.
- Where blankets are used, babies must be placed feet-to-foot at the bottom of the cot, with blankets securely tucked in.
- Pillows, soft toys, comforters, cot bumpers, loose bedding and other unnecessary items must not be placed in babies' cots.
- Children's heads must never be covered. Care is taken to ensure children do not become too hot or too cold.
- Comfort items may be considered for children over 12 months, taking account of their individual needs and safe sleeping arrangements.

4. Temperature and supervision

- For babies aged 12 months and under, the recommended sleeping room temperature is 16–20°C. Staff monitor the room temperature and adjust clothing, bedding and ventilation as necessary.
- All sleeping children must remain within sight and hearing of staff and must be checked frequently throughout their sleep.
- Babies under six months must always have an adult present in the same room for every sleep.
- Staff undertake and record regular physical checks, including observations of the child's breathing, position, colour and general well-being. Any concerns are acted upon immediately.
- The frequency of checks takes account of each child's individual needs and professional judgement.

5. Individual sleep needs and parental communication

- Information about each child's sleeping habits, routines and comfort needs is gathered during enrolment.
- Staff maintain regular communication with parents regarding changes in sleep patterns, difficulties settling or any concerns.
- Any specific medical or individual sleep requirements are discussed with parents and, where appropriate, relevant health professionals. Suitable arrangements are agreed and documented.
- Staff provide reassurance and comfort to help children settle, while respecting their individual needs and emotional well-being.

6. Illness during sleep

- If a child shows signs of illness or becomes unwell during sleep, staff will respond immediately, assess their condition and provide appropriate care.
- Parents will be contacted promptly if a child becomes unwell or there are concerns about their health.
- Any serious or emergency symptoms will be managed in accordance with the nursery's emergency procedures.
- Children with contagious illnesses must follow the nursery's Sickness and Exclusion Policy.

7. Staff responsibilities and record keeping

- Staff are responsible for ensuring that sleeping areas and equipment remain clean, safe and suitable.
- Staff must follow this policy and receive appropriate guidance and training in safer sleep practices.
- Sleep times, physical checks and any significant observations or concerns are recorded and shared with parents.
- Any incidents or concerns arising during sleep periods are reported to the Nursery School Manager and appropriate action is taken.

Communication with Parents

We maintain open communication with parents and provide daily updates about children's sleep duration, routines and any significant observations. Any concerns or changes in sleeping patterns are discussed with parents to ensure a consistent and supportive approach between home and nursery.

Change log		
This policy was changed on	**Signed on behalf of the nursery**	**Reason for change**
03/12/2024	Veronica van Ingen	Adoption of policy
26/01/2026	Veronica van Ingen	No Changes
04/11/2026	Veronica van Ingen	Policy reviewed and updated in line with the EYFS Statutory Framework effective from 1 September 2026, incorporating strengthened safer sleep requirements, appropriate sleeping equipment, bedding, room temperature and supervision arrangements.