



Great Horwood Church of England School
Seedlings Nursery & Pre-School
Safe Sleep Policy for Children aged 2-4 Years
September 2025

This policy was adopted on: 21 January 2026

Date of next review: January 2027

Signed: 

Our Vision

'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.' John 15:5

At Great Horwood Church of England School, the academic, emotional and spiritual well-being of all individuals is at the heart of all that we do; where everyone is valued. We are a safe, welcoming school within the heart of the village community that aims to provide all our children and adults with the learning opportunities to flourish, be healthy, grow in resilience and realise their full potential; being fully equipped and prepared for a successful future.

Inspired by Christian faith and rooted in the teachings, values and spirituality of the Church of England we embrace our core values of love, perseverance and respect where all individuals learn to value themselves and others.

We are committed to setting high standards of achievement within a caring and nurturing learning environment. We aim to provide opportunities for children to develop a curiosity of learning, a thirst for knowledge through play, and an exploration of the world around them.

Safe Sleep Policy

Aims

The aims of this policy are to:

- Safeguard the health, safety, dignity and wellbeing of all children who require sleep or rest
- Ensure that children are supported consistently and respectfully
- Provide clear guidance for staff to ensure safe and confident practice
- Promote strong partnership working with parents and carers
- Ensure that individual needs, routines and preferences are recognised and reviewed
- Meet the safeguarding and welfare requirements of the EYFS

Introduction

At Seedlings Nursery, sleep and rest are recognised as an important part of young children's health, wellbeing, emotional regulation and capacity to learn. We believe that children should be supported with sensitivity, dignity and consistency, enabling them to feel safe, valued and ready to engage fully in nursery life.

This policy reflects our commitment to safeguarding children, working in partnership with parents, and supporting staff to deliver high-quality care with confidence and professionalism.

Principles

In line with the school's values and existing care policies, Seedlings Nursery is committed to the following principles:

- Children's welfare and dignity are paramount
- Sleep and rest arrangements are individualised and responsive

- Children are never forced to sleep, but are supported to rest when needed
- Practice is calm, nurturing and developmentally appropriate
- Parents are partners in planning and reviewing sleep routines
- Cultural, religious and family preferences are respected wherever possible
- Safety always takes precedence over adult preference or routine
- Staff act in a professional, respectful and safeguarding-aware manner always

Understanding Sleep and Rest in the Early Years

We recognise that children aged 2–4 years have varying and changing sleep needs. Some children benefit from daytime sleep, while others require opportunities for quiet rest or calm regulation.

Staff are trained to:

- Observe and respond to signs of tiredness
- Support children’s emotional wellbeing
- Balance rest with engagement in play and learning

This approach supports children’s personal development, behaviour and readiness to learn, in line with EYFS expectations.

Roles and Responsibilities

Nursery and Leadership Responsibilities

The school and nursery leadership will ensure that:

- Suitable facilities and equipment are provided for sleep and rest
- Staff are appropriately trained and supervised
- Safeguarding procedures are understood and followed
- Sleep and rest records are monitored regularly
- Practice is reviewed and improved where necessary

Staff Responsibilities

Staff supporting children’s sleep and rest will:

- Follow agreed routines developed with parents and carers
- Supervise children at all times
- Carry out and record regular checks (minimum every 10 minutes)
- Respond promptly to children’s physical and emotional needs
- Maintain children’s dignity, privacy and comfort
- Report and record any concerns in line with safeguarding procedures

Parent and Carer Responsibilities

Parents and carers are expected to:

- Share relevant information about their child’s sleep routines and needs
- Inform staff of any changes to sleep patterns or wellbeing
- Provide labelled comfort items where agreed

- Work collaboratively with their child's Key Person
- Ensure emergency contact details are kept up to date

Sleep and Rest Arrangements

- Children may sleep or rest in designated, safe and calm areas
- Low-level sleep equipment appropriate to age and need is provided
- Bedding is clean, individual and changed after each use
- Children will not usually sleep for longer than 1–1.5 hours, unless agreed with parents
- Older children may be supported with quiet rest rather than sleep

Monitoring, Recording and Safeguarding

- Sleeping children are checked at least every 10 minutes
- All sleep and rest periods are recorded clearly on Family
- Records include start and end times, wellbeing checks and staff initials
- Information is shared with parents and monitored by leaders
- This provides clear evidence of effective safeguarding arrangements, a key inspection priority.

Health, Safety and Hygiene

To ensure children's safety:

- Sleep areas and equipment are cleaned after each use
- Bedding is used by individuals and washed after each use using non-biological detergent
- Allergies to detergents are identified and accommodated
- Unsafe or unreasonable requests will not be followed and will be discussed sensitively with parents

Emotional Wellbeing and Inclusion

Staff will:

- Support children calmly and reassuringly
- Promote independence where developmentally appropriate
- Respect cultural and family values
- Use consistent routines to help children feel secure
- Children are supported to feel safe, respected and confident, contributing positively to their self-esteem and development.

Safeguarding

This policy should be read in conjunction with the Great Horwood CE School's Safeguarding and Child Protection Policy. Any concerns about a child's wellbeing, safety or care will be reported immediately to the Designated Safeguarding Lead and recorded in line with school procedures.

Monitoring and Review

This policy will be reviewed annually

Practice will be monitored by nursery and school leaders

Feedback from staff and parents will inform ongoing improvement