



Gosfield School EYFS Sleep Policy

Children are provided with a sleep mat with individual bedding if they need to sleep. All children are encouraged to rest, after lunch and at other times if they appear to be overly tired.

PROCEDURES

Each child has an individual sleep mat to avoid cross contamination.

Some children prefer to sleep in the double buggy, so this need is catered for.

Clean bedding is provided.

Staff are aware that children vary in their need to sleep and rest and should always be allowed to sleep when they need to.

No child will be forced to sleep/rest.

Children are allowed to bring in favourite toys and comforters from home, but the nursery cannot accept any responsibility for damage or loss of any personal belongings whilst in our care. Children sleeping with comforters/toys will be monitored carefully.

Children are supervised while they are sleeping and are checked every fifteen minutes. Staff supervising sleeps will find quiet activities to do in the area.

The length of time a child has slept for is recorded in the child's communication book and is shared with parents at the end of the day.

If a child must be woken, this will be done gently. The child is then allowed to re-orientate themselves at their own pace.

Principal's Signature: _____

Date: _____

10/11/24

Date of next review: January 2025