



## Clarendon Primary School and Nursery

### Nursery Sleep and Rest Policy

#### **Introduction:**

Children need sleep and rest periods to help with their development. This policy has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep at in the Nursery.

This policy outlines how Clarendon Nursery supports children who are tired during the day, ensuring their comfort, safety, and well-being, while promoting parental communication.

Clarendon Nursery **does not provide a set sleeping time** for children during the day, but we are aware that all children develop at different rates. As a result, we need to adapt our practice and provision in order to meet these needs throughout the day. As children grow, they usually develop a routine in which they can reduce their need for a sleep time during the day. With this in mind children at the Nursery will have the opportunity to rest or sleep if they need or want to. At these times the staff will create an environment for the children to rest or sleep.

Children who become tired or fall asleep are offered a **child-sized sofa** in the **quiet book area**, which has a **fold-out mat area to act as a resting mattress**. Children are made comfortable with a **blanket** and placed in supportive positioning appropriate for their age.

Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will.

The Nursery recognises the need for children to be kept safe whilst asleep, either through direct supervision or through a system of monitoring during their sleep time.

Towards the end of the year, to help with the transition to Reception, older children will be encouraged to engage in activities consistently rather than sleep.

#### **General guidelines**

- Staff are present in the Nursery at all times, and where possible a member of staff will sit with the child/ren who are in the process of going to sleep.
- Nursery staff will position themselves to be within sight and sound of sleeping children so that they can monitor them. (See information above.)
- Staff will ensure that the resting environment is safe, calm, and quiet.
- Sleeping children will be checked on every five minutes. Checking a child while sleeping should involve:
  - By putting the back of their hand near to the child's mouth to feel for breath and ensure the child's airway remains clear.
  - Ensuring that each child is well.
  - Ensuring that each child is not too hot or too cold.
  - Ensuring that all blankets are not wrapped incorrectly around the child.
- Blankets will be provided and washed regularly in non-biological washing powder.

- When children are collected, feedback about their sleep will be given to parents and carers verbally. This includes any changes in behaviour, discomfort, or health concerns are noted and acted upon immediately as well as reported to parents.
- In line with existing school procedures, a phone call will be made to parents / carers to arrange collection of a child that may have fallen asleep due to illness or from feeling unwell.

**Policy Review:**

Date reviewed: Autumn term 2025  
Review date: Autumn term 2028