



Penguin Pre-School

Sleeping child Policy

September 2025

Penguin Preschool Child Sleep Policy (2-4 Years)

Introduction: At Penguin Preschool, we are committed to providing a safe, nurturing, and developmentally appropriate environment for all children in our care, particularly during sleep times. Sleep is essential for children's physical, cognitive, and emotional development, and we aim to ensure each child has a safe, comfortable, and supportive sleep experience. This policy outlines the safe sleeping practices for children aged 2-4 years and includes guidelines for staff observation, regular checks, and safe sleeping practices in line with UK legal requirements.

Why This Policy Is Necessary:

The development of this policy is driven by several key priorities:

- 1. Ensuring Children's Safety:**
The primary goal is to ensure that children sleep safely and comfortably. This policy helps mitigate risks such as suffocation, overheating, and sleep-related distress by providing clear guidelines for safe sleep practices and regular checks.
- 2. Supporting Child Development:**
Sleep is critical for children's growth and well-being. Adequate rest supports cognitive development, memory, learning, and emotional regulation. A structured and safe sleep environment ensures children get the restorative sleep they need to develop properly.
- 3. Legal Compliance:**
This policy ensures that Penguin Preschool complies with relevant UK regulations, including the **Early Years Foundation Stage (EYFS)** framework, **The Children Act 1989**, and **The Health and Safety at Work Act 1974**, all of which address safe and appropriate sleep practices in early childhood settings.
- 4. Preventing Health and Safety Risks:**
Safe sleep practices reduce the risk of injuries or health concerns, including Sudden Infant Death Syndrome (SIDS) and other sleep-related accidents. This policy helps ensure a safe sleeping environment for children aged 2-4 years.
- 5. Promoting Consistency and Communication:**
This policy ensures that sleep practices are consistent across all staff and provides a framework for clear communication with parents. It ensures all staff are trained to follow the same procedures and provides parents with a clear understanding of the sleep routines.

Safe Sleeping Practices:

We are committed to promoting best practices to ensure children's safety during sleep periods.

- 1. Sleep Environment:**
 - Equipment:** Children will have age-appropriate sleeping mats that are clean and free from hazards. Soft toys, pillows, and loose bedding will not be used for children under 2 years. For children aged 2-4 years, secure and breathable bedding is used to avoid overheating or suffocation risks.

- **Room Temperature:** The room temperature will be maintained between 16°C and 18°C (60-65°F), and the room will be well-ventilated.
 - **Supervision:** At least one staff member will be in close proximity to the sleep area, ensuring constant supervision.
 - **Positioning:** Children will be encouraged to sleep on their backs to reduce the risk of sleep-related accidents.
2. **Rest Periods and Duration:**
- Children who show signs of tiredness will be offered a nap, typically between 12:00 PM and 2:00 PM, lasting between 1 and 2 hours depending on individual needs.
 - Children who do not nap will continue their play in a quiet, calm area designed to allow them to engage in activities without disturbing those who are resting.
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Regular Checks and Staff Observation:

1. **Frequency of Checks:**
- Each child will be visually checked at least every 10-15 minutes during sleep periods to ensure their safety and well-being. Staff will monitor for any signs of distress or discomfort.
 - A log will be kept for each child, noting the time of each check and any observations.
2. **Staff Observation:**
- Staff will be trained to recognise signs of sleep-related distress, discomfort, or illness. If any issues are identified, staff will address them promptly.
 - Parents will be notified of any concerns regarding their child's sleep.
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Staff Training and Roles:

- **Training:** All staff members are trained in first aid, with the manager and deputy being trained in paediatric first aid. This ensures that all staff are prepared to respond to emergencies, including those related to sleep times.
 - **Designated Sleep Monitor:** A designated staff member will be responsible for overseeing sleep times, ensuring regular checks and a calm environment.
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Communication with Parents and Guardians:

1. **Ongoing Communication:**
- Regular updates will be provided to parents regarding their child's sleep habits. If any concerns arise, staff will inform parents immediately and discuss appropriate solutions.
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Legal Compliance:

Penguin Preschool adheres to all relevant legislation, including:

- **The Childcare Act 2006:** Ensures that settings provide a safe environment, including during rest times.
 - **The Children Act 1989:** Mandates safeguarding children's welfare, including safe sleep practices.
 - **Health and Safety at Work Act 1974:** Requires staff to maintain a safe environment at all times.
 - **The Early Years Foundation Stage (EYFS) 2021 Framework:** Addresses requirements for child safety, including during rest periods.
 - **Lullaby Trust Guidelines:** The preschool follows the Lullaby Trust's advice for safe sleep, particularly with infants and young children.
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Review and Monitoring:

This policy will be reviewed regularly, to ensure it remains current with best practices, new research, and any changes to legal requirements. Feedback from staff, parents, and relevant authorities will be incorporated into the review process.
