

# **Parkside Playgroup**

## **32. Sleep and rest time**

At Parkside Playgroup we recognise that some children may fall asleep during the school day due to illness, fatigue, medical needs, special educational needs and disabilities (SEND), emotional regulation needs, or exceptional circumstances.

Although the setting does not operate scheduled sleep or nap sessions, we are committed to ensuring that any child who falls asleep whilst in our care is supported safely, respectfully, and in accordance with safeguarding requirements, EYFS statutory requirements, and recognised safer sleep guidance. The safety, wellbeing, dignity, and individual needs of each child always remain paramount.

This policy aims to:

- Ensure children who fall asleep during the day are supervised appropriately.
- Reduce risks associated with sleeping in unsuitable positions or environments.
- Support children with identified SEND, medical, or wellbeing needs.
- Provide clear guidance for staff on responding to sleeping children.
- Ensure parents and carers are informed where appropriate.
- Promote consistent practice across the room.

This policy applies to:

- All children aged 2–5 years.
- All staff
- All areas of the room where a child may rest or fall asleep.

The manager will ensure:

- Appropriate procedures are implemented.
- Staff receive relevant training where necessary.
- Risk assessments are completed where required.
- Safeguarding procedures are followed.

Staff must:

- Monitor sleeping children appropriately and regularly.
- Follow individual healthcare plans, SEND support plans, or risk assessments.
- Record and report concerns.
- Inform parents where necessary.

If a child falls asleep unexpectedly or due to illness:

- Staff will assess whether the child appears well/ill.
- The child will remain under appropriate supervision.
- Check for symptoms such as fever, lethargy, breathing difficulties, head injury, or altered responsiveness.

- A child's temperature will be taken every 15 minutes regardless if temperature remains normal.
- If staff have concerns regarding illness, injury, responsiveness, breathing, or wellbeing, appropriate first aid and safeguarding procedures will be followed immediately.
- Follow the settings procedures for illness.
- Contact parents or carers.

Emergency services will be contacted immediately if staff have concerns regarding a child's consciousness, breathing, or medical condition.

#### Safe Sleep Environment:

- The environment should be safe and appropriately ventilated.
- The child should be positioned in a manner that allows unrestricted breathing.
- The child's face and airway must remain visible and unobstructed.
- Excessive clothing, coats, scarves, or items around the neck will be removed where appropriate.
- Sleeping children must not be left in isolated areas without supervision.
- The area around the child should be free from hazards.

#### Supervision of Sleeping Children.

Sleeping children remain the responsibility of staff at all times.

#### Staff will:

- Maintain regular visual checks.
- Ensure the child can be seen and accessed quickly.
- Monitor breathing, colour, and general wellbeing.
- Take the temperature of the child every 15 minutes.
- Record any concerns immediately.

#### Children must never be left sleeping:

- Unsupervised in the room.
- In positions where breathing may be restricted.

#### Children with SEND or Medical Needs

Some children may have identified needs that make periods of sleep or rest necessary.

#### Where appropriate:

- Individual risk assessments will be completed.
- Advice from parents, healthcare professionals, and specialist agencies will be sought.
- Reasonable adjustments will be implemented.
- Staff will follow any agreed healthcare plans or education, health and care plans (EHCPs). This may include:
  - Access to a quiet resting area.
  - Additional supervision.
  - Specific positioning requirements advised by healthcare professionals.

#### Communication with Parents and Carers

Parents and carers will be informed when:

- A child has slept unexpectedly for a significant period.
- Sleep is linked to illness or injury.
- Sleep patterns are causing concern and/or regular interrupted learning.

Where sleep is part of an agreed SEND or medical provision, arrangements will be discussed and reviewed regularly with parents.

### Record Keeping

Staff should record:

- Significant sleep episodes.
- Any concerns identified.

Records will be maintained in accordance with the playgroup policies and data protection requirements.

### Safeguarding

Any unexplained excessive sleepiness, unusual presentation, repeated episodes of falling asleep, or concerns regarding a child's welfare will be considered within the setting's safeguarding procedures. Staff must report concerns to the Designated Safeguarding Lead (DSL).

### Children asleep on arrival at the setting

If a child arrives at the setting asleep, they are sensitively woken whilst the parent/carers are still present. If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

### Further guidance

Safer sleep – help for early years providers

Safer Sleep for Babies (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

Ofsted staff deployment guidance

Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings (The Lullaby Trust)

This policy was adopted at a meeting of

Parkside Playgroup

Held on

Sept 2026

Date to be reviewed

Sept 2027

Signed on behalf of the provider

Name of signatory

Brenda Henrick

Role of signatory

Chairperson