



BROUGHTON MANOR PREPARATORY SCHOOL

BELONG • CREATE • ACHIEVE

Policy reviewed by: Viv Thompson Director of Education & Safeguarding

Signature: 

Version: v9

Policy actioned from: 1st September 2026 **Review date:** 08.2027

Please note: 'Provider' refers to Chatsworth Schools; Nursery or Setting refers to the nursery & 'parents' refers to parents, guardians and carers.

POLICY AMENDMENT

Date	Key Amendments	Version Number	Reviewed by
01/09/24	Policy approved for Nurseries	v7.0	VT
01/09/25	Policy reviewed	v8.0	VT
21/04/26	Policy updated in line with DfE Sleeping guidelines	v8.1	VT
01/09/2026	Policy Reviewed	v9.0	VT

Sleep Policy

At our nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS).

We make sure that:

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position.
- Blankets are light weight, e.g. cellular blanket, baby placed feet-to-foot at the bottom of the cot with blankets must be tucked under the mattress for babies under 12 months to prevent blankets from going over child's head.
- Babies and toddlers are never put down to sleep with a bottle to self-feed.
- Babies and toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Checks are recorded every 10 minutes and as good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.
- Babies and children are left to sleep in a separate sleep room with staff supervision checks happening every 10 minutes. Babies under 6 months must have an adult supervision at all times.
- Babies under 12 months must be placed in a cot with a firm, flat mattress.
- Babies under 12 months must have any comforters removed once asleep. Babies and toddlers over 12 months can have comforters but carefully monitored and supervised.
- Babies and toddlers that fall asleep whilst travelling can remain sleeping (during the nursery day) but must be transferred to a cot or age-appropriate mat once arrive at setting.
- Babies or children who arrive at nursery for drop off must be woken up for safeguarding.
- Sleep bags can be provided for babies but must be appropriate weighted tog.
- Babies heads must not be covered.
- Children must be in within sight and hearing of staff when sleeping.

We provide a safe sleeping environment by:

- Monitoring the room temperature. Room is recommended (those aged 12 months and under) is between 16-20c. Aircon has been input to the baby sleep room and all rooms have wall mounted fans for climate control.
- A baby monitor can be used for children over 6 months, and you must ensure it allows children to be seen and heard at all times.
- Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.

- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations. The setting must be satisfied that we meet the EYFS standards.
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet.
- Enabling babies to sleep outdoors, where appropriate and with parent permission.
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Ensuring every baby and toddler is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home.
- Cleaning all bedding as required and at least weekly.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parent knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. We would try up to 45 minutes to get a child to sleep, if they are not ready, we will try again later. If a child falls asleep unexpectedly and it isn't a part of their normal sleep routine, we will contact the parent to make them aware and decide on a reasonable amount of time for them to sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music or white noise, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Checking if a child is too hot or too cold, you can place your hand on their chest or back of their neck (hands and feet are cooler, which is normal). If their skin feels clammy or sweaty, remove one or more layers of clothing or bedding. You should be able to make your professional judgement during extreme temperatures.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

Interpretation

In this policy, the term “senior manager” means the Nursery Manager and their designated deputies.

This policy applies within all companies, which are wholly owned subsidiaries of Chatsworth Schools Ltd, a company registered in England, registered number 11552579.

The registered office of all companies is St Botolph Building, 138 Houndsditch, London EC3A 7AR. Any enquiries regarding the application of this policy should be sent to the above address.