



# The Winterton Federation Sleeping Children Policy



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| <b>Name of responsible Committee/individual:</b>  | Early Years Lead/KSAW Committee  |
| <b>Implementation date:</b>   | Autumn 2024  |
| <b>Review date:</b>   | Autumn 2027  |
| <b>Targeted audience:</b>   | Parents/Carers/Staff/Governors   |
| <b>Related documents:</b><br><br>All federation policies referred to are available on the federation website:<br><a href="https://thewintertonfederation.co.uk">https://thewintertonfederation.co.uk</a><br><br>If English is not your first language, and you require assistance/translation, please contact the Junior school office. | Early Years Foundation Stage (EYFS) Statutory Framework 2023<br>TWF Child Protection and Safeguarding Policy |
| <b>Strategic alignment:</b>   | 1.5 Objective: Ensure that the federation is inclusive, equal and equitable for all stakeholders             |

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At The Winterton Federation we endeavour to nurture unique individuals in a happy, safe, respectful and inclusive environment, where everyone is inspired to be the best they can be throughout their journey of life.

“Let us run with perseverance, the race that is set before us” (Hebrews 12:1)

**We are all proud to be united in faith, vision and ambition.**

## **Aims**

The sleep policy aims to provide a clear framework to ensure the health, safety and well-being of all children who require support to sleep or rest whilst in the Foundation Stage.

## **Legislation**

This policy is based on requirements set out in the Early Years Foundation Stage (EYFS) Statutory Framework 2023.

## **Principles**

At The Winterton Federation we promote healthy and safe practices in helping children sleep and rest. We ensure:

- supporting children’s sleep is the responsibility of all DBS checked and approved staff for children in their care;
- children’s individual needs are identified and met;
- children’s right to health, safety and wellbeing are met;
- family’s cultural preferences are considered;
- sleeping and resting in the Foundation Stage is a positive experience, both the child and the family feel supported throughout;
- communication between the Foundation Stage and the family is promoted and this starts prior to the child starting nursery so information is shared and routines established and agreed;
- consistency of care as far as possible;
- families are provided with information and signposted to sources of further information or services to support sleep and bedtime routines if required.

## **Early Years Responsibilities**

The Early Years team ensure that anyone who supports a child sleeping or resting in Nursery or Reception is an employee of the federation, has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children’s sleep.

The Early Years team ensure that all staff are aware of the need for confidentiality. Personal and sensitive information is only shared with those who need to know. The Early Years team act according to The Winterton Federation’s Child Protection and Safeguarding policy and procedures, if there are any concerns for the child’s wellbeing. At all times the child’s safety, dignity and well-being is promoted.

The Winterton Federation Early Years team ensure that suitable facilities and equipment are provided or designated places for sleep and rest. The Early Years Team work closely with



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parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years. Staff provide a positive climate to encourage parents to share information openly around the child's developing sleep needs, or if a child is having difficulty with sleeping at home and this is impacting on their daily well-being in the Foundation Stage. Prior to starting Nursery, we discuss children's sleeping needs and routines with families to provide consistency for the child, and this information is recorded on Tapestry. As the child continues and progresses in their development in Early Years, staff continue to discuss and update the child's routine with the parent/carer. Written records are kept on the child's Tapestry account of all support for sleeping. Sleeping children are monitored by staff every 10 minutes from the time a child is put down to sleep to when they wake; all ten-minute monitoring checks are recorded by staff on Tapestry. This information is then available for parents/carers to see throughout the school day. Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep.

Staff always try to take account of parents' wishes when dealing with sleeping children. However, unreasonable requests by parents/carers will be discussed with the Early Years Team and SLT. We will not carry out the requests of parents/carers if we feel that it could put the child in any danger. Staff do not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health. Staff encourage children to sleep in designated areas or quiet areas. However, wherever a child falls asleep, staff aim to make them comfortable and safe without disturbing them. Staff do not normally leave children to sleep for periods longer than one and a half hours, unless requested or indicated by the parents/carers. The Early Years staff take into account the religious views, beliefs and cultural values of the child and their family as far as possible when supporting children with sleep.

### **Early Years responsibilities for supporting parents with children's sleep**

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult, and can impact on the child's well-being at Nursery. Parents are provided with information or signposted to The Winterton Federation SENDCo/Pastoral Team or their designated Health Visitors for support.

### **Early Years responsibilities in supporting positive self-esteem**

The Early Years staff work with children to promote positive self-esteem and independence with sleep as far as is appropriate and practical. Early Years staff remain calm and offer a supportive approach to children at all times. Staff approach children quietly and calmly regarding the need to sleep, being mindful of the child's engagement in play. Staff are alert and responsive to a child's needs if showing signs of tiredness. All staff promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on waking.



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### **Health and safety procedures**

When supporting children who require a sleep staff ensure the following health and safety measures are followed:

- used blankets should be washed daily in non-biological washing detergent;
- clean blankets are stored in a labelled covered box;
- torn or ripped blankets are removed immediately and replaced;
- parents/carers are asked prior to children starting Nursery if their child has allergies to washing detergent and if so, appropriate precautions are taken, such as parents supplying detergent or washing own bedding.

### **Governor Responsibilities**

The governing board ensure sufficient staff are trained to meet Early Years ratios and the developing needs of young children. The governing board ensure this policy is monitored and reviewed at least every three years.

### **Parent/Carer Responsibilities**

Parents/Carers must ensure they provide all relevant information with regards to sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met. This includes information about how long the child is to sleep, any routines for going to sleep or waking, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep. If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents/carers should work with their child's Key Person in Nursery/Class Teacher in Reception towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that the Early Years Team always has their emergency contact details.