

Little VIPs Sleep Policy



Policy Statement

At Little VIPs Day Care we recognise that sleep and rest are essential for children's health, wellbeing and development. We are committed to providing a safe, calm and nurturing environment where children's individual sleep needs are met in partnership with parents.

We follow current safer sleep guidance, including recommendations from The Lullaby Trust, alongside the requirements of the Statutory Framework for the Early Years Foundation Stage (EYFS 2025), to ensure that all children are cared for safely while sleeping.

Individual Sleep Routines

We recognise that every child is unique and has their own sleep patterns and routines. At Little VIPs we work closely with parents to follow each child's individual sleep routine as closely as possible.

All sleep information, including routines, preferences and any specific requirements, is recorded and regularly updated on the Family system. We adapt sleep times, durations and routines in line with parental guidance and as children's needs change.

We respect parental preferences regarding sleep and will reduce or limit sleep where requested. However, we will always ensure that children's wellbeing remains central and will discuss any concerns with parents where sleep may be impacting a child's development or behaviour.

Sleep Environment and Equipment

We provide a safe and comfortable sleep environment appropriate to the age, stage and development of each child. Depending on their needs, children will sleep in cots, beds or on sleep mats.

All sleep equipment meets safety standards and is regularly checked to ensure it is suitable and well maintained. Children are provided with clean bedding, and the sleep environment is calm, well-ventilated and maintained at a comfortable temperature.

Children may have comfort items such as dummies, comforters or milk feeds, in line with their usual routines and parental wishes, provided this does not compromise safety.

Sleep arrangements and environments are risk assessed and reviewed regularly to ensure they remain safe and appropriate for all children.

Safer Sleep Practice

The safety of babies and young children during sleep is paramount. We follow safer sleep guidance at all times by ensuring that:

- Babies are always placed on their backs to sleep unless they are able to roll independently and choose their own position.
- Sleeping babies are monitored through regular visual checks, including checking breathing, sleep position and general wellbeing.
- Children are never put to sleep with a bottle to self-feed.
- Cots are clear of unnecessary items, including loose bedding and soft toys, although appropriate comforters may be used where safe.
- Mattresses are firm, flat and fitted with appropriate bedding.
- Children are appropriately dressed for sleep to prevent overheating, and room temperature is monitored.
- All sleep spaces are free from hazards such as cords or hanging objects.

- If a baby falls asleep outside of a cot, they will be moved to a safe sleeping surface as soon as possible.

We will only deviate from safer sleep guidance where there is clear medical advice, and this is agreed and documented with parents.

Supervision and Monitoring

A member of staff is always present in the room while children are sleeping to ensure continuous supervision.

Sleeping children are closely monitored through regular checks, which are carried out at least every 10 minutes and recorded where appropriate. For younger babies, new starters or where additional reassurance is needed, more frequent checks will be carried out.

Staff remain vigilant at all times, ensuring children’s safety, comfort and wellbeing throughout their sleep.

All staff receive training in safer sleep practices and understand their responsibilities in maintaining a safe sleep environment.

Settling and Supporting Sleep

We create a calm and soothing environment to support children in settling to sleep. This may include dim lighting, quiet spaces or gentle routines.

Staff respond sensitively to children’s individual needs and will comfort and reassure them as required. We do not force children to sleep or prevent them from sleeping if they are tired.

Children who do not require sleep will be supported in appropriate quiet or active play, ensuring their continued learning and development.

Partnership with Parents

We work in close partnership with parents to ensure that children’s sleep routines are consistent between home and nursery. Parents are asked to provide up-to-date information about their child’s sleep patterns, and any changes are discussed regularly.

We share daily information about children’s sleep, including duration and any relevant observations, through the Family system and at collection.

Where concerns arise regarding a child’s sleep patterns or wellbeing, we will discuss these with parents to agree the best approach.

Health and Safety

We maintain a strict no smoking or vaping policy across the setting. All sleep areas are regularly cleaned and maintained to a high standard of hygiene.

Policy Review

This policy will be reviewed annually or sooner if guidance changes. Practice is monitored through supervision, training and regular checks to ensure ongoing compliance with safer sleep guidance.

This policy was adopted on	Signed on behalf of the nursery	Date for review
April 2026	Hayley Fassam – Nursery Manager	April 2027

