



Sleeping Policy

Approved by the Headteacher: October 2025

Review Date: October 2026

At Wickham Pre-School we aim to ensure that all children have enough sleep to support their development and natural sleeping patterns, by providing a safe sleeping environment.

Every child's individual needs are different and we offer flexibility and opportunities for children to sleep and rest as they need. We consider it to be a highly important part of their personal and developmental needs. We recognise parent/carers' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep needs continue to be met. However, staff will never force a child to sleep or keep them awake against his or her will.

Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden and unexplained death of a child where no cause is found after a detailed post-mortem. Unsafe sleeping positions and environments are increased factors in possible SIDS.

Research has shown that:

- Overheating arising from high room temperature, excessive insulation (overwrapping) or both, is associated with an increased risk of SIDS.
- A high proportion of infants who die as a result of SIDS are found with their head covered with bedding.
- Soft or bulky bedding, such as quilts, pillows and duvets is also associated with an increased risk of SIDS.

We make sure that:

- When monitoring, staff will observe the rise and fall of the chest and be aware of a change of sleeping positions
- Children will never be put down to sleep with a bottle

- Children will be monitored visually when sleeping; checks are recorded every 10-15 minutes
- Children are never left in a separate room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperatures; ensuring it is between 16-20 degrees to reduce overheating.
- Using clean light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Suitable sleeping mats/covers
- Keeping all spaces around beds clear from hanging objects i.e., hanging cords, blind cords, drawstring bags
- Ensuring each child is provided with clean bedding that is specific to them for each week

Sleeping in Pushchairs

The Early Years Foundation Stage (EYFS) Framework strongly discourages regular sleeping in pushchairs or car seats because they are not firm, flat surfaces, and can restrict a child's airway, increasing the risk of Sudden Infant Death Syndrome (SIDS). While brief naps during outings are sometimes unavoidable, children should always be moved to a firm, flat surface like a cot or sleeping mat as soon as possible. If a child is asleep in a buggy, it should be laid flat, placed next to a wall for stability, kept in a well-ventilated area, and frequently checked for temperature and breathing.

Why pushchairs are not suitable for sleeping

- **Restricted airways:** The incline of a pushchair or car seat can cause a baby's head to fall forward, potentially obstructing their airway and making it difficult to breathe.
- **Increased SIDS risk:** Anything that doesn't provide a firm, flat surface, and is not clear of soft items, is linked to a higher risk of SIDS.
- **Overheating:** Covering a buggy with a blanket or cover for shade can significantly increase the internal temperature and risk of overheating, which also raises SIDS risk.

If a child falls asleep in a pushchair during a trip we will:

- Recline the buggy to a completely flat position.
- Make sure the base of the buggy is flat and not tilted.
- Ensure we can see and hear the child at all times and check them frequently.
- Ensure the buggy is not covered and the child is not overheating in outdoor clothing.
- Check their neck or chest to ensure they aren't sweaty.
- Transfer the child to a firm, flat sleeping surface as soon as it is practical.