Longlands Sleep Policy

Date: June 2026

At Longlands, we recognise the importance of ensuring that children are well rested and receive adequate sleep outside of school hours to support their cognitive, physical, and emotional development. During the school day (morning sessions for nursery), we encourage children to remain engaged in learning and play activities and do not routinely promote sleep during the day.

If a child appears tired, staff will support them by encouraging participation in calm and stimulating activities to help maintain their engagement. Should a child fall asleep during the session, this may indicate that they are feeling unwell. In such circumstances, staff will monitor the child closely and contact parents or carers to discuss their child's condition and determine whether they should be collected.

In the event that a child falls asleep while waiting to be collected by a parent or carer, staff will ensure that the child is cared for safely and comfortably. Safe sleep practices, in line with guidance from The Lullaby Trust and the requirements of the Early Years Foundation Stage (EYFS) statutory framework, will be followed at all times to ensure the child's safety and well-being.

We have adopted a policy of practice recommended by The Lullaby Trust to minimise the risk of 'Sudden Infant Death Syndrome' (SIDs) and to reflect the requirements of the Early years foundation stage (EYFS) statutory framework.

All children's safety are paramount, and we work in partnership with parents to ensure this. Procedures The Lullaby Trust provides key information that advocates for safe sleep practices. These can be found in detail in their Safer Sleep Awareness Guide https://www.lullabytrust.org.uk/wp-content/uploads/2025/02/Safer-sleep-awareness-for-early-years-settings-booklet.pdf.

During sleep time, children are:

- Never left unsupervised
- Placed on their back on a sleep mat
- Given a blanket
- Checked continuously every 10 minutes so that no muslins/blankets are covering the child's face, and children are breathing regularly.
- When monitoring the baby/young child's welfare, we will look for the rise and fall of the chest and if the sleep position has changed.
- Where a practitioner has any concerns regarding the safety of a child's sleep pattern or routine, they will ask questions and take action.
- Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.