



# Sleep and Rest Policy

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Approved By: Senior Leadership Team



# Sleep and Rest Policy for 2-Year-Old Children

## Policy Statement

Children aged 2 years require adequate rest to support their physical, emotional, and cognitive development. This policy ensures that all children in our care have the opportunity to nap or rest each day, in accordance with their individual needs, in a nurturing and safe environment.

## Sleep Schedule

- A designated nap/rest period will be provided daily, typically following lunch, from approximately **12:30 PM to 2:30 PM**.
- Children are not required to sleep but will be encouraged to rest quietly on their individual mats or cots.
- Children who do not fall asleep after 30–45 minutes of quiet rest will be offered quiet, low-stimulation activities (e.g., books, puzzles) in a separate area or part of the room.

## Sleep Environment

- Only use safety-approved cots or other suitable sleeping equipment, such as pods or mats, that comply with British Standard regulations.
- Each child will have their own mat labelled with their name.
- Clean, individual bedding (sheet and blanket) will be provided and washed weekly or when soiled.
- The sleep area will be dimly lit, quiet, and monitored by staff at all times.
- Soft music or white noise may be played to support a calm atmosphere, depending on children's needs.

## Health and Safety

- Each provision has a designated sleep area.
- The temperature of the sleep area must be regulated between 16-20 degrees
- Staff will record on Medical Tracker the time a child falls to sleep and then wakes. This information will also be shared with parents/carers via Medical Tracker.
- Staff will conduct visual checks of sleeping children every 10–15 minutes which will be recorded on a sleep chart.
- A child's breathing will be checked by placing a gentle hand on the child's chest or by putting the back of their hand near the child's mouth to feel for breath.
- A member of staff will remain in the room at all times with children who are sleeping or resting.
- Children will be positioned safely on their backs at the start of rest, if they fall asleep during that time.
- Mats will be spaced apart to allow safe movement and ventilation.



- No pillows, stuffed animals, or toys will be placed in the sleeping area unless medically or developmentally required (with written parent and/or physician approval).

### Settling Sleepers

- Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with your child's personal belongings
- If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes.
- Staff will sit with a child and pat/stroke their stomach or back or stroke side of face as requested by parent/carer.
- **Children will not be able to consume milk from a bottle on a mat as a soother for settling to sleep.**

### Individual Sleep Needs

- Sleep routines may vary; we will work with families to understand and accommodate each child's typical sleep habits and needs.
- Any significant changes in a child's sleep behaviour will be communicated to parents or guardians.

### Parental Involvement

- Parents are encouraged to share their child's sleep patterns and preferences with caregivers.
- Requests for modified sleep routines (e.g., shortened naps, specific comfort items) will be honoured when feasible and appropriate for the group setting.
- Parents will be notified if their child is having consistent difficulty sleeping or is regularly refusing naps.

### Transition from Napping

- Around 2 years of age, some children may begin to outgrow naps. In such cases, children will be supported with quiet time rather than forced sleep, while respecting the needs of napping peers.
- Staff will consult with families when transitioning a child away from naps.

### Policy Review

This policy will be reviewed annually and updated as needed to reflect best practices and licensing requirements.

