

Rest and Sleep Policy

Statement of intent

At Little Sunbeams we recognise the importance of rest and sleep and we are aware that children can become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep, should they need or desire it.

Guidance:

EYFS Statutory Framework (Sept 2026)

DfE and The Lullaby Trust Safer Sleep guidance (updated April 2026)

Aim:

We (The Management) believe that every child's needs are different, therefore we aim to provide flexibility and opportunities for children to take rests and naps during a session. We recognise the welfare of the child is paramount, therefore we ensure that all children receive the rest and sleep that they need during the day as we regard it to be a highly important part of their personal and developmental needs.

Methods:

1. We provide a quiet carpeted rest area with soft cushions in our book corner, where children can go if they wish to sit quietly, rest or relax at any time of the day.
2. Staff are fully aware of the fact that children need rest and sleep.
3. Staff appreciate that children have individual needs and routines which vary as they grow and develop.
4. Children are encouraged to indicate and say when they are tired and need to rest.
5. Staff are expected to have a sound knowledge of their own key children's individual needs and be able to assess when rest or sleep is needed or when lethargy is not a common occurrence and may indicate a child is feeling unwell.
6. Sleeping children are frequently checked in accordance with the EYFS Statutory Guidance section 3.86 (Sept 2026) and are always within sight and hearing of staff.
7. For children presenting developmentally as under 2 years of age, we follow the Safer Sleep Guidance (DfE and The Lullaby Trust) updated April 2026.

Parents' Wishes:

The preferences and wishes of parents and carers, with regard to sleep patterns, are always respected and we work closely with parents/carers to ensure each child's individual needs are met. However these wishes will only be taken into account provided the wishes are in the best interests of the child and the child's welfare is not, in our opinion, compromised.

Comforters:

We recognise that comfort blankets and soft toys bring enormous comfort and reassurance to young children, especially when they are new to preschool, and during rest and sleep times. We request that all comforters are clearly labelled with the child's name.

Dummies:

We shall not provide dummies for children nor shall we introduce a child to a dummy if they have not used one before at home. However parents/carers are permitted to bring in a dummy from home for their child to use when at preschool as we recognise that a dummy can provide great comfort to a child during rest and sleep times.

If parents/carers do provide a dummy from home for their child, we request they also provide a hygienic dummy pot in which the dummy can be stored when not in use.

Dummies are usually restricted to sleep and rest times only, unless a child is extremely distressed, and are not encouraged at other times as they can hamper a child's speech, interaction with others and are a major cause of speech delay.

Version	Changes made	Author	Date
1.0	Implemented	Lyn D	22 nd Aug 2018
1.1	Method 5) Original statement deleted and new statement added 6) Added reference to sleep checks Paragraph referring to Rest and naps after lunch removed	Lyn D	16 th Sept 2020
1.2	Method 6) amended to reflect the updated Statutory Framework (published March 2021)	Lyn D	27 th July 2021
1.3	Amended as sleep checks are no longer recorded	Lyn	13 th Feb 2022
1.3	Reviewed, no changes made	Lyn	28 th May 2024
1.3	Reviewed, no changes made	Lyn	27 th June 2026

1.4	Amended to reflect updated safer sleep guidance and changes to EYFS 2026	Lyn	1 st Sept 2026
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