



# Willow Tree Federation

## Appletree Nursery School and Appletree Little Pips Sleeping Policy



### Mission Statement

The children are at the heart of everything we do at Willow Tree Federation. We take a holistic approach to child development and we are privileged to support our children, families and the wider community to change and enhance lives. We celebrate the wide diversity of the backgrounds, beliefs, talents and interests of our children and we recognise learning happens in communities and empowers them. As a federation at the heart of its community, we understand and respect the positive impact we can have. We plant the seed that grows the future!

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|-------------------------------------|--------------------------|
| Date written                        | September 2026           |
| Written by:                         | Lucy Naylor- headteacher |
| Date Formally Approved by Governors | September 2026           |
| Date Policy became effective        | September 2026           |
| Review Date                         | September 2027           |

At Appletree we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

**The safety of babies' and young children sleeping is paramount.**

Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death.

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-Awareness-A-Guide-For-Childminders-Foster-Carers-Nannies-and-Nursery-Settings.pdf>

This is in line with the latest government safety guidance:

<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>. We also follow the NHS advice on safety of sleeping children.

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

The preferences and wishes of parents are always valued and respected and staff work closely with them daily to ensure each child's individual needs are carefully met. The safety of the child always remains our paramount concern. We cannot insist that a child sleeps or remains in a cot/ bed if this is not their wish and/ or they become distressed.

We provide a safe sleeping environment by:

- Monitoring the room temperature – this should be between 16-20 degrees
- Placing children on their back in their own separate sleep space on a firm flat surface such as a cot or sleep mat on the floor. Babies aged 12 months and under will only be placed to sleep in a cot.
- Using clean, light bedding/blankets and ensuring babies/children are appropriately dressed for sleep to avoid overheating
- Using a well fitted baby sleep bag. Where a blanket is requested, the child must be placed feet-to-foot at the bottom of the cot, with blankets tucked in. Children's heads must not be covered.
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e.

hanging cords, blind cords, drawstring bags

- Ensuring every baby/toddler is provided with clean bedding
- Ensuring children are always within sight and hearing of staff when sleeping. All children will be frequently checked when sleeping.
- Transferring any baby/child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep. Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

#### **Sleeping twins**

We follow the advice from The Lullaby Trust regarding sleeping twins. Further information can be found at:

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

#### **Two Year Old Provision**

We recognise that young children get very tired during the day and may need opportunities to rest and sleep within nursery. Every child's needs are different, so we provide flexibility and opportunities for children to take rests and naps as they need and desire. It is very important that young children get the sleep they need and so we facilitate this in the nursery and understand that it is an important part of their personal and developmental needs. Staff are fully aware of the fact that children need to rest and sleep. They appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate if they are tired and need to rest and are also encouraged to take a rest or nap if they appear tired.

#### **Comfort blankets and toys**

Comfort blankets and toys are welcomed for children of 12 months + for they bring reassurance to small children, especially when they are new to nursery and during rest and sleep times.

## **REST AREAS**

Within the two-year-old room there is a quiet area with soft floor coverings/ seating where children can go to if they wish to rest and relax. Sleep mats and lightweight blankets are provided. These are all-in first-class condition, clean and fit for purpose. Pillows are not used. Bedding is washed after every use.