REST AND SLEEP (NURSERY) POLICY

Approved by: SLT
Approved date: December 2025

Reviewed by: SLT
Review date: December 2027

Accessibility: Available on the school website and paper copy on request

Scope: Ashbridge Nursery, Ashbridge-on-Ribble Nursery, Ashbridge Nursery at Maxy Farm, The Fledglings Nursery, Reception Class Ashbridge School

Rest and Sleep:

At Ashbridge, we recognise the importance of adequate rest and sleep for a child's overall wellbeing and development. Our rest and sleep procedures ensure that all children can sleep or rest safely, comfortably, and according to their individual needs.

Children's individual sleep patterns are determined in consultation between parents and a child's key person. The practitioner will make decisions regarding duration and timings of sleep based on the wishes of alongside the child's wellbeing and individual needs.

Soft and cosy spaces and facilities within each area (e.g. beanbags and cushions) provide opportunities for children to rest when they wish and the flexible structure of the day within our nursery environments and practices accommodate this.

Outdoor Sleeping:

We believe that children thrive in nature and outdoor learning is a core part of our nursery life. We are influenced by the Scandinavian Forest School Approach, and most of our children sleep outdoors in the fresh air.

Studies show children who sleep outdoors tend to have a better quality of sleep, and outdoor light helps regulate children's sleep rhythms, promoting better sleep at night.

Health and Safety:

Staff are all trained in paediatric first aid, and all sleep and rest procedures follow Safer Sleep guidelines. All children are supervised continually whilst sleeping, and physical checks are made of each child every 10 minutes. Children sleep on individual sleep mats or cots/coracles, and individual bedding is provided and laundered regularly.

When sleeping outdoors, children are provided with appropriate clothing and specialist equipment to ensure warmth and adequate protection from the elements. Outdoor sleeping areas are also sheltered from rain and direct sunlight. Dynamic risk assessments are done, and in certain situations such as windy conditions or extreme temperatures, children sleep indoors.

Appendix 1

Ashbridge
INDEPENDENT SCHOOL & NURSERIES

Safe to Sleep - ALWAYS

General Sleep Guidance

- Children **must always** be **supervised** at all times whilst sleeping
- Always use a **firm, flat surface** (sleep mat, cot, or coracle)
- **Faces** must be **visible at all times** — no blankets or comforters near face
- If a child falls asleep during play, move them to a safe, flat surface (sleeping mat or coracle)
- If a child falls asleep at **mealtimes**, wake them to check they are **safe and well** and that their **airway** is **clear** before they are put down to sleep.
- No outdoor sleeping in **windy weather** or **extreme temperatures**
- Ensure minimum sheets/blankets indoors to **prevent overheating**

Babies

- Always place babies on their **backs** to sleep.
  - Once a baby can roll independently, they can find their own position.
- **No swaddling**
- Use the **feet-to-foot** position
  - feet touching the bottom end of the cot/coracle.
- Babies must **not sleep** in a **pram** unless specifically requested by a parent as a **temporary measure** whilst they are supported to settle in a cot or coracle. The pram must **lie flat**.
- If baby does fall asleep in a pram (e.g. on a walk), transfer them to a safe sleep space when possible. Ensure **supervision at all times** whilst in the pram. **Never** use a **sheet** to **cover** a pram
- Babies should **not** be put to sleep in **swings** or **bouncers**
- **Never** leave a baby alone to **self-feed** with a **bottle.**

Sleep checks & Monitoring

- Practitioners should deploy themselves so they are in the best position to monitor all of the sleeping children
- Conduct a **physical check** every **10 minutes** on each child
  - Watch for **breathing** (chest rising and falling)
  - Check **skin colour** of face
  - Ensure child looks **comfortable** (position, not too hot/cold)
  - **Hazards** (drawstrings on bags- strangulation hazard, items near face, loose bedding)