



Gosfield School

EYFS Sleep Policy

Children are provided with a sleep mat if they need to sleep. All children are encouraged to rest, after lunch and at other times if they appear to be overly tired.

PROCEDURES

Each child has an individual sleep mat and a buggy is available for children to sleep in if it is required..

Staff are aware that children vary in their need to sleep and rest and should always be allowed to sleep when they need to. However, Nursery staff work closely with parents to ensure the approach between home and Nursery is as consistent as possible.

Children are allowed to bring in favourite comforters from home, but the nursery cannot accept any responsibility for damage or loss of any personal belongings whilst in our care. Children sleeping with comforters will be monitored carefully.

Children are supervised while they are sleeping and are checked every fifteen minutes. Staff supervising sleeps will find quiet activities to do in the area.

The length of time a child has slept for is recorded in the child's communication book and is shared with parents at the end of the day.

If a child must be woken, this will be done gently.

Principal's Signature: _____ Date: _____
Date of next review: January 2027