



Safer Sleeping Policy

At Holtspur Pre-School, we recognise that some children may become tired and fall asleep, even though we do not operate a designated sleep area or a scheduled nap time.

We are committed to ensuring that if a child falls asleep, they are kept safe and monitored in line with safer sleeping guidance.

Our Approach to Sleep

We do not routinely provide sleep opportunities during sessions. However, if a child becomes tired or falls asleep staff will:

- Allow the child to rest in a safe and suitable area
- Ensure the child is positioned safely
- Maintain close supervision at all times
- Inform parents/cares if the child has slept.

If a Child Falls Asleep

If a child falls asleep during the session:

- The child will be placed on a sleep mat.
- The child will be positioned on their back
- Soft items such as pillows, cushions or bulky blankets will not be used
- The child's face will remain uncovered and visible at all times
- Staff will check the child is not overheated
- The sleeping child will remain within sight and hearing of a staff member at all times
- Regular visual checks will be carried out and recorded if sleep exceeds a short rest

Sleeping in Chairs or Soft Furnishing

- Staff will move the child onto a flat surface if safe to do so
- If moving the child would wake or distress them, a staff member will remain within direct supervision and monitor closely until the child wakes

Communication with Parents

- Parents/cares will be informed if their child has slept during the session
- Any concerns regarding tiredness or sleep patterns will be shared with parents
- If a child's falls asleep and it is unusual for them to do so contact will be made with parents to establish possible reasons (eg disrupted sleep at night time), if due to illness we will ask that the child is collected
- If a child regularly falls asleep, staff will discuss this with parents to agree appropriate arrangements

Monitoring and Supervision

- Sleeping children will be visually checked at regular intervals
- The sleep environment will remain safe, well ventilated and free from hazards



Safer Sleeping Policy

- Staff will ensure ratios are maintained at all times

Staff Training

All staff are aware of safer sleeping practises and understand:

- How to position sleeping children safely
- How to monitor sleeping children
- When to seek advice from parents, management or other professionals

[Help for early years providers : Safer sleep](#)

This policy will be reviewed annually or in line with updated safer sleeping guidance

Created 04/2026