



Tibberton and Hindlip CE First Schools Rest and Sleep Policy



Policy discussed and adopted by the Governing Body: **Autumn 26**

Policy to be reviewed: **Autumn 27**

Chair of Governors: **Mr Andy Clarke**

Executive Headteacher: **Mr A. Gromski**

Links with other policies

- Safeguarding
- Health and Safety
- First Aid

Thessalonians 2:7-8

'Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much.'

Principles

At Tibberton and Hindlip C of E First Schools we work to meet the needs of all of our children through a variety of ways. As Church of England Schools we are committed to enabling every person to flourish and live out 'life in all its fullness'. We pride ourselves in knowing the whole children well. We seek at all times to work in collaboration with families, with openness, integrity and understanding and with the needs of the child at the centre of all we do.

Purpose

While children in Reception ~ EYFS, (aged 4-5) have generally outgrown routine daytime naps, we recognise that individual children may occasionally require rest or fall asleep due to illness, fatigue, or the transition into full-time schooling.

This policy ensures that any child who rests or falls asleep is kept safe, comfortable, and appropriately supervised, in line with statutory Early Years Foundation Stage (EYFS 2026) requirements.

Provision for Rest

- **Responsive Approach:** We do not schedule a mandatory nap time. Instead, we respond to individual children's needs if they show signs of overtiredness or lethargy.
- **Quiet Area:** A dedicated, quiet area (such as the book corner) is available throughout the day with comfortable cushions where children can sit quietly or lie down to rest if needed.
- **Comfort:** If a child appears that they may need require a sleep, staff will ensure they are placed in a safe, comfortable position, away from active play areas, with appropriate

ventilation and temperature. They will be placed on a firm sleep mat. A light sheet may be tucked in below the shoulders, ensuring the head is uncovered. (As per EYFS 2026)

Safe Sleep and Supervision Procedures

- **Continuous Supervision:** Sleeping children must remain within sight and hearing of staff at all times. They must never be left alone in a separate room or behind a closed screen.
- **Physical Checks:** Staff will conduct physical checks on a sleeping child at regular intervals (This will be recorded to allow family to be informed~ Appendix 1). This includes checking their breathing, skin temperature, and position.
- **Positioning:** Children will be encouraged to sleep on their back or side. Suffocation hazards, such as loose bulky items near the face, must be removed.

Communication and Partnerships

- **Informing Parents:** If a child falls asleep unexpectedly for a significant period, staff will inform the parents or carers at pick-up time (see above for record keeping~ Appendix 1).
- **Underlying Illness:** If a child is falling asleep frequently or appears unwell, staff will contact the parents immediately to discuss whether the child needs to be collected.
- **Transition and Individual Needs:** Parents are encouraged to share information regarding their child's typical sleep patterns or temporary disruptions (e.g., poor sleep the night before) during morning drop-off.

Sleep in EYFS record keeping

Child's name: _____

Date: _____

Time drowsy: _____

Time of sleep: _____

Time awake: _____

Check record:

Time	Position	Notes	Signed

Staff informed parent/carers at collection: _____

Signed: _____ Date: _____