

# **Sleep Policy (Updated for EYFS 2025)**

## **Policy Statement**

At Butterflies Nursery, we recognise the critical role of sleep in supporting children's physical health, emotional well-being, and cognitive development. This Sleep Policy ensures that children have a safe, comfortable, and age-appropriate sleep routine while in our care, following the latest EYFS 2025 requirements.

## **Sleep Environment**

- A dedicated, quiet, and calming sleep area will be provided to ensure a restful environment.
- The sleep area will be well-ventilated, free from hazards, and maintained at a comfortable temperature.
- All sleep equipment, including cots, will be checked regularly for safety and cleanliness.

## **Sleep Routines**

- Each child's sleep routine will be established in consultation with parents and tailored to their individual needs.
- Calm, soothing activities such as reading, soft music, and gentle lighting will be used to help children transition to sleep.
- We will maintain consistency between home and setting sleep routines to provide a sense of security for children.

## **Age-Appropriate Sleep Schedules**

- Babies and younger children who require multiple naps will have schedules adapted to their developmental needs.
- Older children will have the option for quiet rest periods if they no longer nap.
- Sleep schedules will remain flexible to accommodate children's changing needs and ensure their overall well-being.

## **Safe Sleep Practices**

- We will strictly follow safe sleep guidance from health authorities and the EYFS framework:
  - Babies will be placed on their backs to sleep unless medically advised otherwise.
  - A firm, flat, and appropriately sized sleep surface will be used.
  - Loose bedding, pillows, cot bumpers, and stuffed animals will be removed from cots to prevent suffocation hazards.
- Sleep areas will be regularly cleaned and maintained.

## **Supervision and Monitoring**

- Sleeping children will be monitored regularly with visual checks to ensure their safety.
- Staff will be trained in safe sleep practices and will respond promptly to children who wake or show signs of distress.

## **Comfort and Security**

- Comfort items such as pacifiers, small blankets, or soft toys (as agreed upon with parents) may be provided to help children settle.
- Staff will use gentle reassurance techniques to help children feel secure and relaxed.

## **Communication with Parents**

- Parents or legal guardians will be informed about their child's sleep patterns, including nap duration and any observed sleep-related behaviours.
- Parents are encouraged to share updates on their child's sleep routine at home to help maintain consistency.

## **Sudden Infant Death Syndrome (SIDS) Prevention**

- We will follow the latest SIDS prevention guidelines and educate both staff and parents on safe sleep practices.

- Any changes to recommended sleep practices will be promptly communicated to parents.

## **Documentation**

- Detailed records of children's sleep patterns and nap times will be maintained to track individual needs and changes.
- Any significant concerns or changes in a child's sleep behaviour will be documented and shared with parents as necessary.

## **Alignment with EYFS 2025 Changes**

From September 2025, the updated EYFS framework emphasises **enhanced safety measures** and the importance of **personalised care routines**, including sleep. Our Sleep Policy aligns with these new regulations by:

- Ensuring staff are trained in **safer sleep practices**, including **updated SIDS prevention guidelines**.
- Monitoring children's well-being through **enhanced supervision during sleep** and **documenting sleep patterns**.
- Encouraging stronger **collaboration with parents** to maintain consistent sleep routines both at home and in the setting.
- Implementing **safer sleep environments**, in line with new EYFS and NHS sleep safety recommendations.

## **Review and Monitoring**

This policy will be reviewed annually or **more frequently if required**, to ensure continued compliance with EYFS 2025 updates, safeguarding regulations, and best practices. **We welcome feedback** from parents, legal guardians, and staff members to continuously improve our sleep policy.

**Signed:** Chrissie Day

**Date:** 2<sup>nd</sup> July, 2025