Peter Pan Playgroup
Safe Sleeping and Rest Policy

We recognise that it is imperative that children get the sleep they need to function to grow their cognitive, physical, and emotional development. It is essential for your child's health and well-being that they have enough quality sleep/rest time.

Peter Pan Playgroup are registered to accept children from two years of age. We recognise that all children have individual needs and routines, and that most two year old children have an afternoon nap. As we are a pre-school and based in a hall, we do not have the facilities to provide a separate sleeping room with cots, therefore we initially enrol very young children for morning sessions only which can be increased as a child drops their afternoon naps subject to availability.

However, we recognise that young children may become tired during the day and benefit from opportunities to rest or sleep for a short period. Staff provide a flexible approach that respects each child's individual needs and routines, offering rest as and when children need or choose it.

Some parents may not want their child(ren) to sleep while they are at Playgroup and this will be discussed during settling in sessions, between the parents and the child's key person.

We will distract and discourage children not to sleep if the parent has specifically requested that, however we will never physically keep your child from falling asleep.

Similarly, if the child does not want to sleep, we will not force them instead, we observe signs of tiredness and offer rest in a calm and reassuring environment.
If a child shows signs of tiredness and are seen to fall asleep or want to sleep then staff will support them to sleep or rest:

- We will ensure the child is settled to rest or sleep by a member of staff by placing them on their backs on a flat, clean, waterproof rest mat on the floor that is compliant with British Standard regulations, in a separate area of the hall that is made quiet as possible.
- We will remove heavier clothing and/or hair accessories with parts that may come lose or detached that pose a choking hazard, and ensure the area is free from any other hazards.
- If necessary, we will cover the child with a loose blanket from chest to feet. No child's head will be covered.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- We will monitor the room temperature (remaining between 16 and 20 degrees). A fan will be used if the temperature exceeds this in the vicinity but never directly on the child.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff.
- Staff carrying out visual checks every 10 minutes will observe breathing, sleep position, colour, gently feel the nape of the neck to ensure the child is not too hot or too cold, and their general wellbeing.
- These checks are documented in a sleep log, noting the time, observations, any actions taken and the name of the staff member who completed the check.
- The child's temperature may be taken if staff feel the child is unwell and will use a digital thermometer to take the reading. If the child is found to have a temperature of 38 degrees or just under, their parent will be contacted to collect as soon as possible.
- We will allow the children a minimum of 30 minutes sleep after which time staff may support a child to wake after using calm strategies such as a soft voice, gentle touch to help them rouse gradually.
- Children are never woken abruptly or in a way that causes discomfort. However, if a child is not ready to wake - showing signs of deep sleep, distress when stirred or a clear need for more rest - they will be given additional time to wake naturally. Their parent will also be contacted to inform them of the situation and if

they are happy for their child to continue to sleep a little longer depending on the time of day, or if their child needs to be collected.

- Parents are informed verbally at the end of each session if their child has slept for a short period or has rested.

- The rest mat is checked, cleaned down after use and stored appropriately.

- All new members of staff will receive training in safe sleeping and rest, quiet times.

If a child arrives at the setting asleep, they are sensitively woken whilst the parent/carers are still present. Outdoor clothes are removed, and the child is settled on a flat, clean, waterproof rest mat if they are still sleepy, but otherwise well. If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

Where an emergency situation is identified, for example a child is choking or appears unresponsive, every practitioner is confident to act immediately, administer first-aid and to seek assistance to contact the emergency services where necessary.

Peter Pan Playgroup's Non-smoking/ Vaping Policy is upheld within the setting.

This Safe Sleeping and Rest Policy outlines our commitment to ensuring the health, safety, and wellbeing of all children during sleep and rest periods. We adhere to the statutory requirements of the EYFS 2026 framework, NHS safer sleep guidance, and The Lullaby Trust recommendations.