



Sleeping Policy for Under 2's

Please note: For the purposes of this document, where reference is made to 'children' we are mostly referring to babies and toddlers aged LESS than 24 months old.

Introduction

Codicote Pre-School understands the unique requirements of children under the age of 24 months old. It is for this reason that we have written this policy so that all members of staff working with under 2's are clear on the expectations placed upon them in supporting our youngest children.

The policy is also designed to inform parents of how we manage the needs of the under 2's in our care. The reason for this policy is to ensure that Codicote Pre-School works in collaboration with parents to achieve the best outcomes for their children.

Most of the under two's tend to naturally fall into the Pre-School's post lunch nap time routine. However, in order to meet the needs of the children, we do not prevent children from sleeping at other times if they need a nap.

Children are always supervised by appropriately qualified members of staff during nap times.

Safer Sleep

At Codicote Pre-School, we understand the need to promote and follow Safer Sleeping practice as recommended by the [NHS](#) and as outlined in the [EYFS Framework](#).

This includes, but is not necessarily limited to:

1. Children will be placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor. Babies aged 13 months or older, will be placed on a sleep mat.
2. Babies aged 12 months and under will sleep in a "Safer Sleep" compliant cot.
3. Cots will not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps. •



4. Sleep mats will be clear of toys (apart from cuddly comfort objects)
5. Sleep spaces will only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. (Alternatively, a well fitted baby sleep bag will be used. In this case, we will check the manufacturer recommendations before using a baby sleep bag).
6. Where blankets are used, the child will be placed feet-to-foot at the bottom of the cot, with blankets tucked in.
7. We will ensure that the child's head is not covered.
8. Steps will be taken to keep children from becoming too cold or hot by regulating the room temperature, avoiding excess bedding, and not overdressing the child.
9. Room temperature will aim to be kept between 68-72°F degrees (16-20°C).
10. Offering a dummy before the child falls asleep (at the parent's request) but not placing the dummy back in the mouth it drops out during sleep.
11. Offering a bottle *before* nap time but not *during* a nap.
12. Removing a bottle if the child has fallen asleep while being fed.
13. Ensuring nobody smokes or vapes in the presence of any of the children in our care.

Settling down

When the children are ready to settle down for nap time, the Baby Room is sectioned off by a wooden room divider to give the children a visual cue that it is nap time and to allow the room to be darkened to promote good sleeping practices.

Relaxing music is played to help the children to settle and to give them a sound cue that it's time to go to sleep.

Checks during sleep

Once the child is asleep, they will be checked by a member of staff every 10 minutes. They perform these checks in the following ways:

- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure they are not hot or cold.



Children will always be within sight and hearing of staff when sleeping.

These checks will be recorded on the safe sleep chart and initialled by the member of staff undertaking the check.

Date policy was written	February 2025
Policy last reviewed/amended	September 2026
The date the policy is due for review	September 2027