



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](#).

This includes, but is not limited to:

1. Lying the child on their back on a sleep mat.
2. Keeping the sleep mat clear of toys (apart from cuddly comfort objects)
3. Ensuring that the child's head is not covered.



4. Steps will be taken to keep children from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding, and not overdressing the child.
5. Room temperature will be kept between 68-72°F degrees (16-20°C).
6. Being placed in a sleeping bag appropriate to the season to avoid the child becoming too hot or too cold.
7. Offering a dummy before the child falls asleep (at the parents' request) but not placing the dummy back in the mouth it drops out during sleep.
8. Offering a bottle *before* nap time but not *during* a nap.
9. Removing a bottle if the child has fallen asleep.
10. As per EYFS guidelines, 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.

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



Waking up

When the children wake up from their nap, the curtains are opened to allow enough light in for them to safely play with quiet toys while any remaining children are still sleeping.

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Policy last reviewed/amended	N/A
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