Perry Beeches Nursery School

Marsh Hill Nursery School

Safe Sleeping Policy 2026-2027

Marsh Hill Nursery School and Perry Beeches Nursery School Safe Sleeping Policy

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1. Aims

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all children who require support to sleep or rest whilst at nursery.

2. Legislation

This policy is based on requirements set out in the Early Years Foundation Stage Statutory Framework for group and school- based providers.

EYFS statutory framework for group and school-based providers

Effective from September 2026

3. Principles

At Marsh Hill Nursery School and Perry Beeches we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in nursery is a positive experience, both the child and the family feel supported throughout.
- Communication between the Nursery Schools and the family is promoted and this starts prior to child starting Nursery School so information shared and routines established and agreed
- Consistency of care as far as possible
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

4. Early Years Responsibilities

The Early Years will ensure that anyone who supports a child sleeping or resting in Marsh Hill Nursery School or at Perry Beeches Nursery School is an employee of Marsh Hill Nursery School or at Perry Beeches Nursery School and has had appropriate safeguarding checks and is aware of procedures and responsibilities for supporting children's sleep.

The Senior Leadership Team will ensure that all staff are aware of the need for confidentiality. Personal and sensitive information will only be shared with those who need to know.

The Nursery School Staff will act according to Marsh Hill and Perry Beeches Nursery School and Early Years safeguarding policy and procedures if there are any concerns for the child's wellbeing. At all times the child's safety, dignity and wellbeing is promoted.

Marsh Hill and Perry Beeches Nursery School will ensure that suitable facility and equipment are provided or designated places for sleep and rest.

The Early Years staff work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home and Early Years.

Staff will provide a positive climate to encourage parents to share information openly around the child's developing sleep needs or if a child is having difficulty with sleeping at home and this is impacting on their daily wellbeing at Nursery School. Prior to starting at Marsh Hill or Perry Beeches Nursery School we discuss children's sleeping needs and routines with families to provide consistency for the child. As the child continues and progresses in their development in Early Years, staff will continue to discuss and update the child's routine with the parent/carer. Written records are kept of all support for sleeping. Sleeping children will be monitored by staff every at least every 10 minutes The time a child is put down to sleep, when they wake and at least ten

minute monitoring checks are recorded by staff. This information is available to parents/ carers at all times and will be checked periodically by the Assistant Head Teacher, Deputy Head Teacher or Executive Head Teacher. (Appendix 3 and Appendix 4).

Guidance: Early Years Foundation Stage (EYFS): Safer sleep requirements – Frequently Asked Question - Foundation Years

At Both Nursery School's we do not have a timetabled slot for sleeping however we anticipate that children may fall asleep due to a restless night or not feeling well. In this case all the government guidelines are followed for safer sleep.

Families are supported by staff to understand the Early Years health and safety procedures for supporting rest and sleep. Staff will always try to take account of Parents wishes when dealing with sleeping children. However unreasonable requests by parents/carers will be discussed with the Assistant Head Teacher or Deputy Head Teacher e.g. Children going to sleep with for a set amount of time e.g. 45 minutes.

We will not carry out requests of parents/carers if they feel that it could put the child in any danger.

Staff will not leave children to sleep with bottles as this provides danger of choking and does not promote good dental health.

4.1 Early Years responsibilities for supporting parents with children's sleep

For some parents/carers and families developing sleep routines so the child has adequate rest can be daunting and difficult and can impact on the child's wellbeing at Nursery.

Parents will be provided with information or signposted to support such as Health visitors or to seek support from the Local Lakeside Family Hub or Erdington Family Hub.

4.2 Early Years staff responsibilities in supporting positive self esteem

Early Years staff will work with the child to promote a positive self- esteem and independence with sleep as far aks is appropriate and practical. Early Years staff will remain calm and always offer a supportive approach to children. Staff will approach children quietly and calmly regarding the need to sleep being mindful of the child's engagement in play. Staff will be alert and responsive to a child's needs if showing signs of tiredness. All staff should promote regular encouragement for a child needing and settling to sleep and ensure the child is praised for following routine, helping and co-operating and being independent in getting ready for sleep or on rising.

5. Governor Responsibilities

To ensure sufficient staff are trained to meet early years ratios and the developing needs of young children.

The governing body will ensure this policy is monitored and reviewed at least every three years or following updates with the EYFS Statutory framework, whichever comes first.

6.Parent / carer Responsibilities

Parent /Carers must ensure they provide all relevant information with regards sleep for their child on entry to Early Years and as the child develops, so the child's needs can be met.

This includes information about how long the child is to sleep, any routines for going to sleep or rising, any comforters requested, details of any health care professionals involved in supporting sleep or any problems or health care difficulties with sleep.

If the child requires a comforter this must be in a sealed bag/pot labelled with the child's name.

Parents/carers should work with their child's Key Person towards a shared and agreed plan which is recorded for care and support.

Parents/carers must ensure that Marsh Hill and Perry Beeches Nursery School reception office always has their emergency contact details that are up to date. The parent is responsible for updating the school with updating contact details.

Appendix 1 - Enabling Environment Equipment procedures

When supporting children who need to sleep, Early Years staff will ensure:

- There are quiet areas where children can rest if they fall asleep whilst in Nursery School.

Appendix 2 - Health and safety procedures

When supporting children who require a sleep staff will ensure the following health and safety measures are followed:

- Sheets are removed and washed after every use on beds.
- Used bedding should be placed in the covered box marked –'used bedding' and washed daily in non-biological washing detergent.
- Clean bedding is stored in labelled covered boxes.
- Torn or ripped bedding is removed immediately and replaced.
- Parents asked prior to children starting Nursery if their child has allergies to washing detergent and if so appropriate precautions taken – such as parents supplying and washing own bedding.

Appendix 3- Reporting to Parents

Parents to sign **Appendix 3- Reporting to Parents** to confirm that the child's Parent/ Carer has been informed that their child fell asleep at either Marsh Hill or Perry Beeches Nursery School.

Appendix 4- Reporting to parents to confirm

Parents to take **Appendix 4- Reporting to parents to confirm** what time their child fell asleep to and from when at either Marsh Hill or Perry Beeches Nursery School.

Appendix 3 – Sleep Record

Sleeping Log

If a child falls asleep at school, please ensure you complete the log below, the parent/carer signs the log when they collect their child, and a letter to be sent home with the parent for their reference.

Date	Name and Group	Child fell asleep at	Adult supervising child sleeping time and signature										Parent signature and date
Example: 08.09.2026	Adam Butterflies	2.05pm	2.15 pm	2.25pm	2.35 pm	2.55 pm	3.05 pm	3.15 pm					
		Adult initials: CHA											

Appendix 4- Reporting to parents A

Marsh Hill Nursery School

275 Marsh Hill, Birmingham B23 7HG
Email: enquiry@marshiln.bham.sch.uk
Website: www.marshiln.bham.sch.uk
Tel: 0121 464 3090 Fax: 0121 464 6982
Head Teacher: Mrs H.Mussum. B.Ed., Dip.Ed.Man., Cert.Pri.Sc., A.C.P.

Dear Parent/s and Carer/s

Your child..... in class ..... fell asleep

on..... from ..... to .....

Following the guidance outlined in The Early Years Foundation Stage (EYFS) Statutory Framework sets out legal requirement for sleep in early years settlings to record and log the child sleeping frequently.

Your child may have fallen asleep at school due to the routines at home or feeling unwell. To support your child with showing more readiness for school please attempt to implement the following.

- Eat dinner at least an hour before bed
- Brush teeth and get dressed for bed by 7 o'clock
- Put your child to bed by 7 o'clock
- To support your child with settling into bed, you could read a story to your child

Executive Head Teacher
Shilpa Rathore
Interim Executive Headteacher

Appendix 4- Reporting to Parents B

Perry Beeches Nursery School

254 Beeches Rd
Birmingham
B42 2PX

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