

Mehria Wonderland Nursery



Safer Sleeping Policy

Date agreed: 01/09/2026

Review date: 01/09 2027 (or sooner if required)

Signed: ___Zia Qazi_____
Senior Manager

Signed: _____Zile Humma_____
Assistant Manager



Mehria Wonderland Nursery

Sleep and Rest Policy

At Mehria Wonderland Nursery, we recognise that young children need sufficient sleep and rest to support their health, wellbeing, learning and development.

We provide children with a safe, comfortable and calm environment where they can sleep or rest when they need to.

Sleep Arrangements

- Parents and carers will be asked about their child's usual sleep routine when they start nursery.
- We will try to follow each child's individual sleep routine as much as reasonably possible.
- Children will never be forced to sleep.
- Children who do not sleep will be given a quiet opportunity to rest.
- Babies and young children will be checked regularly while sleeping.
- Staff will remain aware of where sleeping children are at all times.
- Children will be supervised appropriately in accordance with their age, needs and the nursery's risk assessment.
- Sleep areas will be kept clean, quiet, comfortable and well ventilated.

Safe Sleeping

For babies, we will follow safe sleep guidance, including:

- Babies will be placed on their backs to sleep, unless there is a specific medical reason and written advice from a healthcare professional.
- Babies will sleep on a firm, flat and suitable sleep surface.
- Babies' faces and heads will be kept clear.
- Loose blankets, pillows, cushions and other items that could present a suffocation risk will not be placed around babies.
- Babies will not be allowed to sleep with bottles.
- Staff will follow individual care plans where a baby has specific medical or sleep requirements.

Sleep Checks

Staff will carry out regular visual checks of sleeping children.

Checks will include ensuring that:

- The child's face and airway are clear.
- The child is breathing normally.
- The child is in a safe sleeping position.
- The sleeping environment remains safe and comfortable.

Sleep checks will be recorded in sleep log by the nursery staff

Children will never be left unattended during sleep. A staff member will always be in the same room..

Comfort Items

Children may bring an appropriate comfort item, such as a small soft toy, where this supports their emotional wellbeing and is considered safe.

Parents should inform staff about any particular sleep or comfort routines their child follows at home.

Waking Children

Children will normally be allowed to wake naturally.

If a parent has requested a particular waking time, staff will discuss this with the parent and consider the child's individual needs and wellbeing.

Safeguarding and Supervision

Children will never be left unsupervised in a sleeping area.

Staff will ensure that children can be safely monitored and that sleeping areas are free from hazards.

The nursery will maintain appropriate staffing levels and supervision throughout sleep and rest periods.

Individual Needs

We recognise that every child has different sleep needs. We will work closely with parents and carers to understand each child's routine.

Where a child has a medical condition, additional need or specific sleep requirement, we will agree appropriate arrangements with parents and, where necessary, relevant professionals.

Parents and Carers

Parents and carers should inform the nursery of:

- Changes to their child's usual sleep routine.
- Any medical conditions affecting sleep.
- Any medication that may affect sleep.
- Any concerns about their child's sleep.
- Any specific advice given by a health professional.