



GIGGLESWICK SCHOOL

Mill House Sleeping Child Policy

Lead Author(s)	Pre-School Manager
Reviewed by	Headmaster Bursar Head of the Prep School
Last review	August 2025
Review frequency	Annually
Next review	August 2026
Policy Type	Statutory



Sleeping Child Policy

All EYFS Policies are written in line with guidance from relevant Government EYFS Documentation including but not limited to:

- Early Years Statutory Foundation Stage Framework (Sept 25)
https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers_.pdf
- Development Matters (Sept 23)
https://assets.publishing.service.gov.uk/media/64e6002a20ae890014f26cbc/DfE_Development_Matters_Report_Sep2023.pdf
- Early Years qualification requirements and standards (Sept 25)
https://assets.publishing.service.gov.uk/media/6870ede610d550c6668de3e81/Early_years_qualification_requirements_and_standards_document_2025.pdf
- Early Years Profile Handbook (Nov 24)
https://assets.publishing.service.gov.uk/media/6747436ba72d7eb7f348c08b/Early_years_foundation_stage_profile_handbook.pdf
- KCSIE 2025 (July Version, full implementation Sept 25)
https://assets.publishing.service.gov.uk/media/686b94eefe1a249e937cbd2d/Keeping_children_safe_in_education_2025.pdf
- SEND Code of Practice 0-25 Years (Jan 2015m updated 2024)
https://assets.publishing.service.gov.uk/media/5a7dcb85ed915d2ac884d995/SEND_Code_of_Practice_January_2015.pdf

Rest/Sleep is an important part of ensuring a child's wellbeing.

NEW STARTER

Discussions will take place with parents/carers/previous setting regarding a child's routine. If a child needs to sleep this will be facilitated. Parents will have the option of allowing their child to sleep in a pram/pushchair, if this is their normal routine, however it will be discouraged to ensure all below safety precautions are adhered to.

SLEEPING CHILDREN

- We offer the use of a ventilated, sleep room, which is quiet and can be made dim if necessary, or the conservatory if in pushchairs.
- Children will be put on sleep mats to sleep, with blankets if necessary. Shoes are removed. Pillows are not used.
- Sleeping children will be checked frequently, and never left unattended. Records will be kept every 15 minutes minimum.
- A monitor with sounds and visual panel will be used to ensure practitioners are always aware of sleeping child's environment and health.
- Children will be allowed to wake naturally, and if rousing is required, this will be gentle and with care.

- Sleep mats should be wiped after it has been used following the micro cleaning system used in the school.
- A record of sleep will be recorded for parent's information.

Additional guidance is sought from the [Statutory Framework for the Early Years Foundation Stage \(September 2025\)](#) and from [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](#)

Reviewed by: C B Shuttleworth, Pre-school Manager
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