

## Sleep and Rest Policy

Green Roots Sleep and Rest Policy is based on recommendations from the British charitable organisation, the Lullaby Trust and sleep consultant, Stephanie Modell. The Lullaby Trust is considered the recognised national authority on safe sleeping practices for infants and children. Effective sleep and rest strategies are important factors in ensuring a child feels secure and safe in a child care environment. Green Roots will ensure that whilst in our care all children are provided with a high level of safety when resting or sleeping.

At Green Roots we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Green Roots defines 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

### Parent/guardians as partners

- Green Roots consults with families about their child's individual needs and are aware of the different values and parenting beliefs, cultural or otherwise that are associated with rest.
- Green Roots will discuss the sleep policy with all families when they join.
- If a family's beliefs and practices are in conflict with the Lullaby Trust, Green Roots will not endorse an alternative practice, unless provided with written advice from a medical practitioner.
- We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.
- Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

### Safe resting practices for babies

- Babies will be placed on their back to rest. (If a medical condition exists that prevents a baby from being placed on their back, the alternative resting practice must be directed in writing by the baby's medical practitioner.)
- If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
- To prevent a baby from wriggling down under bed linen, they will be placed with their feet closest to the bottom end of the cot.

- Quilts, duvets, pillows and cot bumpers will not be used. Large soft toys and lamb's wool are not recommended and comforters must be age appropriate and in safe condition.
- Light bedding is used, which should be tucked in to prevent the child from pulling bed linen over their head.
- Sleeping bags with a fitted neck and arm holes are an alternative option to bed linen (Sleeping bags should not have a hood).
- The rest environment, equipment and materials will be safe and free from hazards.
- Colleagues monitor resting babies at regular intervals and supervise the rest environment. We also use a CCTV camera to view the sleep room and a sound monitor to hear from the play area.
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Quiet experiences may be offered to children who do not require/fall asleep.

### Safe resting practices for children

- If a child requests a rest then there are designated areas for the child to be inactive and calm, away from the main group of children.
- The designated rest area will be a mat in a quiet section of the care environment.
- Quiet, solitary play experiences are available for those children who request the need for a rest or time away from their peers.

### Safe resting practices for a child who is unwell

- Refer to the Green Roots Illness and Injury policy for additional information.
- Children who are unwell will be given the highest supervision priority and monitored constantly especially if the child has: a high temperature, vomited or received minor trauma to their head.

### Protective behaviours and practices

#### **Supervision of resting children**

- All children who are resting will be supervised by Practitioners.
- Students or volunteers will not be left unsupervised when settling children for a rest.
- A colleague will regularly check the resting children and environment every 15 minutes, completing and signing the Sleep monitor chart each time. A TV monitor with footage of the Sleep room will be on constant display in the play area and a sound monitor will be at a volume which children can be easily heard.

#### **Colleagues observe the following:**

- the position of each child's body in their cot/on their mattress.
- each child's breathing rate.
- the arrangement of bed linen.
- colleagues will monitor the temperature, the security and environment safety.

### Settling children for rest

The techniques and strategies for settling a child/children for rest will reflect the;

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- individual needs of the child or group of children.
- parenting beliefs and values of families.
- cultural and religious practices.
- frequency of days that the child attends care.
- circumstances or events happening at home.
- child's general health and wellbeing.
- use of comforters or resting aids (including dummies and security blankets).

Considerations for settling procedures for resting children;

- meet the individual needs of children.
- maintain health and safety practices.
- minimise any distress or discomfort.
- acknowledge children's emotions, feelings and fears.
- Green Roots understand that young children settle confidently when they have formed bonds with familiar and trusted carers therefore each child's key person will settle the child whenever possible.

We follow a routine to which the child learns to recognise sleep triggers, these are;

- To first ensure the child has a clean nappy, and is dressed appropriately.
- Ensure they are not hungry or thirsty, but discourage to feed them to sleep, as this could create a sleep association.
- Spend some quiet time with the child, often by reading a story.
- Ensure the child has their Green Roots blanket or other bedding necessary and sleep comforter (If they have one).
- We then take the child to their bed saying 'Its sleep time now, night, night'.
- We discourage cuddling to sleep but use a gradual retreat process, soothing if necessary. We aim to help the baby/child learn to self-soothe and fall asleep independently.
- Any baby who falls asleep while being nursed by a practitioner will be transferred to a safe sleeping surface to complete their rest

We would encourage children to keep the comforter they like to sleep with for rest times only and would suggest using a different comforter, if necessary at other times. This helps the child to associate the sleep comforter to rest times, which should help them to settle more easily.

### The rest environment and equipment

We do not use music or mobiles in our sleep room so as not to create a sleep association. Children feel more secure if they wake in the same conditions as they fall asleep in.

### **Provision and maintenance of rest and sleep equipment and environment**

- Green Roots will conduct regular safety checks of the resting environments, equipment and/or aids. If colleagues identify any hazards they will lodge a report as instructed in the Health and Safety Policy.
- Green Roots does not permit the use of hot water bottles, electric blankets or heated wheat bags in children's cots or on mattresses.

## **Cots**

- Babies aged 1 year and under must only be placed to sleep in a cot
- Colleagues will ensure that all cots are placed in a safe place keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Only using safety-approved cots or other suitable sleeping equipment (i.e. mats) in a safe condition and that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Colleagues will assess whether older babies or toddlers have the ability to climb over the sides of the cot as this presents a safety risk.
- Colleagues will not place an extra mattress or padding under or over the manufacturer's cot mattress.
- Cot mattresses will be in good condition, clean, firm, flat and must fit the cot base with no more than a 25mm gap between the mattress and the sides of the cot.
- If travel cots are used they will be placed in a safe position.
- Only the supplied travel cot mattress will be used in a travel cot.

## **Hygiene practices**

- The cots and mattresses are cleaned regularly.
- Each child has their own bed linen which will be washed regularly by either the nursery or the child's family.

## **Rest and sleep times of the day**

- Green Roots offers flexible resting period for babies while toddlers and preschool children usually have a rest time after lunch.
- Green Roots identify how it meets the individual resting needs of children. For example, when a child is unwell, taking medication that causes drowsiness, after immunisation, stress, a change to sleeping patterns.

## **Sleepwear**

- Colleagues monitor the temperature of the rest environment and address children's clothing needs.
- Colleagues will ensure that children are wearing safe clothing to sleep in and will remove any cords, belts or hair accessories.

## Outings

Colleagues identify how the rest requirements of children are met during outings: Green Roots consider the provision of shade, suitable sleeping areas and schedule of the outing, events and timeframes.

For further information;

The Lullaby Trust <http://www.lullabytrust.org.uk/>

Stephanie Modell N.N.E.B. Sleep Consultant [www.stephaniemodell.co.uk](http://www.stephaniemodell.co.uk)

[Baby safer sleep advice - Best Start in Life - NHS](#)

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15<sup>th</sup> April 2026