WALTHAMSTOW MONTESSORI SCHOOL

SLEEPING POLICY

Before your child joins us, we will ask you to provide us with some information about their individual routine and sleep/rest times. This is collected using our New Starter Form and ensures your child's routine is maintained as much as possible whilst they are at school.

Safe Sleeping

- Staff are always present in each sleep room with the children whilst they are sleeping / resting.
- Sleep rooms are well ventilated, with a room temperature of 16-20c (Recommended guidelines.) However, this may be higher during the summer months when fans may be used to try to regulate the temperature. There are thermometers in the sleep rooms to ensure room temperatures are monitored.
- Soothing music is played in the sleeping room, lights are turned off and blinds pulled down.
- The children sleep on individual sleep mats on the floor, which are British Standards Approved.
- Each child brings a cotton 'sleep bag' from home, with a cot sized fitted sheet, blanket and pillow (if over 2 years old), which will be kept at school in a designated area.
  We encourage parents to take the bag and its contents home for a wash on the last day of each week a child attends WMS.
- If a child occasionally does not have a 'sleep bag', we use school spares and these are washed after each use. Children never share bedding.
- Children under 2 years old will not use pillows, duvets, bumpers, wedges, or soft toys.
- A child may bring a comforter which could be a dummy or a comfort blanket.
- Sleep mats are placed away from hot radiators or cold windows.
- Sleep mats are checked regularly for damage and replaced if required; they are cleaned and disinfected daily.
- All the children's mouths are checked before going to sleep to prevent choking and the children are not settled with bottles or other liquids.

- Before the children go to sleep, staff ensure that their clothing and any accessories are safe for sleeping. Hair ties, ribbons and any other items that may pose a safety or choking risk are removed.
- Children in nappies are changed before their nap.
- A child is settled to sleep by a familiar member of staff, unless a parent/carer requests they settle themselves. Staff will sit with a child and pat/stroke their back, as requested by the parent/carer. If a child settles independently, a member of staff will sit close to the child.
- Staff check sleeping children every 15 minutes to ensure they are sleeping in a safe position and are not tangled in a sheet/blanket. The child's breathing is checked by placing a gentle hand on the child's chest or back, to check for a rise and fall of the chest, or by putting the back of the hand near the child's mouth to feel for breath.
- Children under 2 years old will be regularly checked to ensure they are sleeping on their backs.
- Staff ensure the children are not too hot or cold throughout by feeling their forehead. If a child is deemed too hot or cold, staff make necessary adjustments, i.e. increasing ventilation or placing a cover on them if necessary.
- Staff record in the sleeping record how long a child has slept for, and this information is available for the parents/carers at the end of the day.
- After a child has finished resting or sleeping, they may go and continue with an activity away from the sleep room.
- Parents/carers are asked to share new information about their child's sleep routine with the child's teacher or the office.
- All the classrooms have a 'reading corner' with cushions and comfortable seating for the children to have periods or rest when they need them.
- Most children by the age of 3 tend not to have an afternoon sleep. However, if your child still requires a sleep, staff will arrange for them to join the 'sleepers' in one of the sleep rooms.
- Staff are regularly observed during rest time to ensure that high standards are always maintained. Observations are stored for future reference.

This policy was adopted on: 10th September 2025

Date Last Reviewed: 1st September 2026

Date to be reviewed: 1st September 2027