



Children of the World Montessori School

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SAFER SLEEP AND REST POLICY

Applicable to children aged one year and over

Policy statement

Children of the World Montessori School recognises the importance of safe, appropriate sleep and rest for young children. We follow the safer sleep requirements of the Early Years Foundation Stage (EYFS) statutory framework and take account of recognised safer sleep guidance. We work in partnership with parents and carers to support each child's individual sleep and rest needs while ensuring that safe practice is maintained.

COTW does not provide care for children under one year of age. The procedures below therefore apply to children aged one year and over who sleep or rest while attending the setting.

Sleep and rest arrangements

- Children who sleep are provided with a firm, flat, waterproof sleep mattress placed directly on the floor in a clear, level area.
- Each child is provided with their own clean bedding. Bedding is kept clean and is not shared between children.
- Sleep spaces are kept clear. Pillows, toys and other items that could present a risk during sleep are not placed on or around the sleep mattress.
- There is sufficient space between sleeping children to allow staff to supervise and access each child safely.
- The sleep environment is kept at a comfortable temperature and children are appropriately dressed for sleep. Heavy outer clothing and bibs are removed where appropriate.
- Children are never left unsupervised while sleeping.
- Practitioners check sleeping children regularly, observing their breathing, sleep position and general wellbeing.
- If a child changes position independently while asleep, staff will continue to monitor the child and ensure that their face and airway remain clear.
- Dummies will be removed from the child's mouth once they have fallen asleep.

Individual needs and partnership with parents

- A child's usual sleep and rest routine, including any relevant information from parents or carers, is discussed when the child joins the setting and updated as necessary.
- Parents' wishes regarding sleep and rest will be taken into account where these are safe and appropriate.
- Children will not be forced to sleep. Equally, a child who is tired will not be physically prevented from falling asleep.
- Children who do not sleep will be offered suitable quiet activities and opportunities to rest.
- Where parents or carers request that a child's sleep is limited, staff will wake the child gently and calmly.

Monitoring and emergencies

- Staff remain alert to any change in a child's breathing, colour, position, temperature or general wellbeing while sleeping.
- If a practitioner has any concern about a child's sleep, breathing or wellbeing, they will act immediately.
- In an emergency, practitioners will administer appropriate first aid and contact the emergency services where necessary, in accordance with the setting's First Aid Policy.
- Any significant concern or incident will be recorded and parents or carers informed in accordance with the setting's usual procedures.

Review

This policy will be reviewed regularly and whenever there is a relevant change to statutory requirements, safer sleep guidance or the setting's practice.

Policy reviewed/created	September 2026
Next review	September 2027