Beechoak Farm Montessori Pre-school

Promoting health, safety and hygiene

3.2 Sleep times

Policy Statement

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep, some children prefer to rest in a calming environment.

Procedures

- Children sleep/ rest on low level beds and have their own personal bedding.
- Children's comforters, blankets, clothing are kept in their bag on their personal peg.
- Nappies are changed and heavier clothing is removed on warm days
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- The room will be maintained at an ambient temperature.
- The room is made quiet, with soft music playing and blinds drawn.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- Children are not allowed to sleep with covers, comforters etc covering their faces.
- Sleeping bags are not permitted.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff.

This policy was adopted by staff at Beechoak Farm Montessori preschool.
Held on 2nd December 2025
Date to be reviewed December 2026
Signed on behalf of Beechoak Farm Montessori by

Charlotte Muggleton & Hayley Majeika
Proprietor Manager