



Sleeping Child Policy

Purpose of the Policy

At Little Wildflowers Childcare, I understand the importance of sleep for a baby's development and well-being. This Sleeping Child Policy outlines how I accommodate and support the sleep routines of babies and young children in my care, in partnership with parents, to ensure that each child's individual needs are met, in line with the Early Years Foundation Stage (EYFS) framework.

Partnership with Parents

I believe in working closely with parents to understand and implement the sleep routines they have established for their baby or child. This collaboration is essential to ensure a seamless integration of these routines into my daily schedule, which may include school runs and preschool pickups. Regular discussions with parents are necessary as a baby's sleep needs evolve with growth and development.

Information Gathering

To provide the best care for your baby or child, I need detailed information about their sleep habits, including:

- The number of naps they usually have, the duration of each nap, and the times these naps typically occur.
- The latest time a baby or child can sleep until without affecting their nighttime routine.
- Preferences regarding whether I should wake the baby or child after a certain length of time or allow them to sleep as long as they need.
- The specific routine parents use to settle their baby or child into sleep.
- Whether the baby or child uses a dummy or comforter.
- The preferred sleeping location for the baby or child, noting that all sleep arrangements will comply with current safe sleep guidance. Where a parent's preferred sleep arrangement conflicts with current safe sleep guidance, I will discuss this with the parent and offer safe alternatives. The safety of the child will always take precedence.

Ongoing Communication

As sleep needs change over time, ongoing communication with parents is essential. Regular updates and adjustments to the sleep routine will be discussed to ensure that the child's needs are continually met and that parents' requirements are accommodated.

Sleep Environment and Monitoring

I ensure that the sleep environment is safe, comfortable, and conducive to rest, in accordance with my ongoing risk assessment for the sleep area. Babies under 12 months are always placed on their back to sleep on a firm, flat surface, in line with current NHS/Lullaby Trust safe sleep guidance to reduce the risk of Sudden Infant Death Syndrome (SIDS). Once a baby can roll independently from back to front, they will be placed on their back and allowed to find their own position. Loose bedding, pillows, and soft toys are kept out of the sleep space. Babies and children are regularly checked while sleeping, both in person and via a baby monitor. This consistent monitoring helps ensure their safety and well-being during naps.

Sleep Pattern Feedback

I will provide feedback to the child's parent on the total time each baby or child sleeps. This feedback provides parents with information about their child's sleep patterns while in my care. The requirements of this feedback will be agreed with the parents in advance.

Publication & Version History

| Version | Date | Description of Change |
|---------|--------------|--|
| 1.0 | 05 June 2025 | Initial publication |
| 1.1 | 04 June 2026 | Mid-cycle amendment. Added EYFS framework reference, safe sleep positioning guidance (NHS/Lullaby Trust), rolling baby caveat, risk assessment reference, and safe sleep qualifier on sleeping location preferences. |
| 2.0 | 05 June 2026 | Annual review and sign-off |
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Next Scheduled Review: 05 June 2027

This policy is subject to ongoing revision. Minor amendments may be made between annual reviews and will be recorded in the table above.