Sleep and Rest Policy

At Town Street Playgroup we recognise that some children may become very tired during the day and that it is necessary to provide all children with the opportunity to rest or sleep during their session. We believe that every child’s needs are different, and this is why we aim to provide flexibility and opportunities for children to take rests and naps as they need and want.

Before starting at playgroup, we will discuss a child’s sleeping needs with parents and plan to meet their needs where necessary.

All children have the opportunity to sleep, relax or sit quietly at any times of day in the book corner, which contains a large rug, lots of cushions, soft toys, blankets and books.

Sleeping children will be supervised within sight and/or hearing of staff at all times.

Staff will inform parents of the sleep/rest their child has had during the session.

Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death.

September 2025