



Merry-go-Round Ltd
St James Parish Centre
Church Street
Weybridge
Surrey
KT13 8DE

Safe sleep Policy

At Merry go Round, we recognise the critical role of sleep in supporting children's physical health, emotional well-being, and cognitive development. This Sleep Policy ensures that children have a safe, comfortable, and age-appropriate sleep routine while in our care, following the latest EYFS 2025 requirements.

At Merry go round we do not have nap/sleep times due to our facilities and the age of the children who stay in the afternoon's, however the following applies if we do have children who fall asleep.

- Older children will have the option for quiet rest periods if they no longer nap.
- A firm, flat, and appropriately sized sleep surface will be used.
- Sleeping children will be monitored regularly with visual checks to ensure their safety.
- Parents or legal guardians will be informed if their child falls asleep and either asked to be picked up or if they are happy for them to sleep on the dedicated sleep matts.
- Due to our facilities this will be in the room along with all the other children.
- Any child that does fall asleep, this will be documented and signed by staff and parent.

Alignment with EYFS 2025 Changes

From September 2025, the updated EYFS framework emphasises enhanced safety measures and the importance of personalised care routines, including sleep. Our Sleep Policy aligns with these new regulations by:

- Ensuring staff are aware of the safer sleep practices, including updated SIDS prevention guidelines.
- Monitoring children's well-being through enhanced supervision during sleep and documenting sleep if this occurs.
- Implementing safer sleep environments, in line with new EYFS and NHS sleep safety recommendations.

Review and Monitoring

This policy will be reviewed annually or more frequently if required, to ensure continued compliance with EYFS 2025 updates, safeguarding regulations, and best practices. We welcome feedback from parents, legal guardians, and staff members to continuously improve our sleep policy.

Signed: Emma & Angela Higgins

Date: September 2026/2027

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