

1.17 Awake and Alert Policy

Reviewed: July 2026

Next Review Date: September 2027

At Miss B's Nursery, we do not accept sleeping children at drop-offs. This is to ensure and check each child's safety and well-being when they are transitioned into our care.

There are a few factors to the reasoning of this decision:

- Protecting staff and children from potential health hazards:
The policy also helps staff identify potential illnesses or conditions that may need immediate attention, protecting both the child and other children in the nursery.
- It is difficult to tell if a child is well enough to attend nursery if they are asleep on arrival or if they may be experiencing sleep deprivation.
- It may not be possible to identify any existing injuries when they are passed over asleep.
- There is possible risk of overheating if children are brought in swaddled in blankets or sleep suits.
- It is difficult to record how long the child has actually been asleep when brought in already asleep.
- Children being asleep at drop-off can affect their important and established routines and upset their transitions when waking in a different environment. This may mean that this child could need a lot of time and 1-to-1 with a member of staff for comfort.
- Please discuss any concerns with your child's sleep routines, and can give advice and signpost you to any services that can assist.

Consider independent sleep skills:

Work with your child on forming independent sleep skills, so they can learn to fall asleep on their own at nursery and at home.

Focus on night sleep and routine naps:

Remember that night sleep is more important for overall well-being, so prioritise establishing a good night sleep routine as well as working with us for daytime nap routines.