















## Sleep

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies sleeping is paramount. Our policy follows the advice provided by the Cot Death Society to minimise the risk of Sudden Infant Death. We make sure that:

-  Babies under the age of 1 years, are to be placed on their back to sleep, babies can easily turn over from their back to their stomachs, they are allowed to adopt wherever position they prefer to sleep.
-  Children are never put down to sleep with a bottle to self-feed.
-  Children are monitored visually when sleeping. Checks are recorded every 10 minutes, children are never left in a separate sleep room, and are supervised at all times.
-  When monitoring, the team members looks for the rise and fall of the chest and if the sleep position has changed.
-  As good practice we monitor babies or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleep routines.

### **We provide a safe sleeping environment by:**

-  Monitoring the room temperature
-  Using clean, light bedding / blankets and ensuring children are appropriately dressed for sleep to avoid overheating.
-  Only using safety-approved cots and rest mats that are compliant with British Standard regulations, cots mattresses have covers are used in conjunction with a clean fitted sheet.
-  Babies may sometimes fall asleep in the pushchair or pram especially if they have gone on a visit outside. Team members ensure that if a child falls asleep, they are reclined back and their head is not flopped forward.
-  Not using cot bumpers or cluttering cots with soft toys, although comforters may be given when required.
-  Keep all spaces around the cots and beds clear from hanging objects i.e. hanging cords, blind cord or drawstring bags.
-  Ensuring every child who sleeps at nursery is provided with clean bedding each week which is stored in a bedding bag labelled with their name.
-  Transferring any child who falls asleep while being fed or in the buggy by a team member to a safe sleeping surface to complete their rest.
-  Sleep is recorded on iConnect, this included the time a child slept and detail the sleep checks.

We ask parents to complete sheets known as "This is me" form on their child's routine with the child's key person when they start at nursery, and these are reviewed and updated at timely intervals.

If a baby has an unusual sleeping routine or a position that we do not use in the nursery, i.e. babies sleeping on their tummies, we will explain our policy to the parents and ask them to



sign to say they have requested we adopt a different seep position or pattern on the "This is Me" form.

We recognise parent's knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, team members will not force a child to sleep or keep them awake against their will.

If a parent requests that their child has no sleep or only a certain amount of time to sleep, this will be discussed with the child's key person or lead teacher. We will need to have this notified by the parent on their "This is me" form or communication log where the parents sign to agree with all the information provided.

If a child is unable to stay awake at nursery we as practitioners must ensure that this child is able to rest or sleep in a safe, comfortable and quiet area. The same will entail with a child whose parent has requested that their child should only have a certain amount of sleep during the day at nursery.

We as professionals ensure that every child's well-being is met daily and this includes the child being provided with plenty of sleep if they require. No member of team should ever be found to be forcefully placing a child to sleep or waking a child up if they have not had adequate rest.

Team members will discuss any changes in sleep routines at the end of the day and share observations and information about their child's behaviour when they do not receive enough sleep.

If parents are finding they have concerns with their child's sleep routine and pattern, we would advise they consult their child's health visitor to gain some advice and support. All team members will work with the parents, health visitor or outside agencies to ensure every child's care and well-being is being met.

This policy was updated:	Signed on behalf of the nursery:	Date for Review:
August 2024	Julie Coackley Childcare Director	2025