



## Sleep Policy

The safety of babies sleeping is paramount and we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We follow the advice provided by The Cot Death Society, Lullaby Trust and the Department for Education (Help for Early Years Providers: Safer Sleep) and as also set out in the EYFS. The purpose of this is to minimise the risk of sudden infant death syndrome (SIDS). Babies refers to children under 12 months of age:

- Babies are placed on their backs to sleep. Once babies can move from their back to their front and back again by themselves, we allow them to find their own sleeping position.
- Babies are placed on their backs, feet to foot at the bottom of their cot with their blankets tucked in.
- Babies and toddlers are never put down to sleep with a bottle to self-feed, and comforters will not be placed in the cot for any babies under 1 year old.
- All children are monitored visually when sleeping looking for the regular and unlaboured rise and fall of the chest and if the sleep position has changed.
- Sleeping children will be checked frequently and regularly and we endeavour to record these checks on our software. As good practice we will monitor babies under six months or a new baby sleeping during the first few weeks at more frequent intervals until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.
- All children will never be left to sleep in a separate sleep room and the beds that we use are placed within an area of each age appropriate room with staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature for babies to ensure it meets the recommended range of 16-20 degrees Celcius.
- Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved beds and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations.
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean sheet.
- Not using cot bumpers or cluttering beds with soft toys or any other objects.
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags etc.

- Ensuring every baby and toddler is provided with clean bedding, working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home ensuring that it complies with BS EN 16781:2018.
- Cleaning all bedding as required and at least weekly.
- Transferring any baby who falls asleep whilst being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Transferring any baby who has fallen asleep whilst travelling to safe sleep surface on their return to the setting, ensuring all extra clothing e.g. coats and hats etc. are removed.
- Sleeping babies and children are roused from sleep on entry to nursery and before returning home to verify their wellbeing. If the child shows signs of wishing to return/continue to sleep when arriving, they will be transferred to a safe sleeping surface to complete their rest.
- Having a no smoking/vaping policy.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts 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 or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will encourage a child to sleep, but not force them nor keep them awake against his or her will. They will also not usually wake children from their sleep (unless specifically requested by the parent for a valid reason).

Individual sleep routines are followed where possible rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if, in their opinion, they have not received enough sleep.