



Sleep Policy

The importance of sleep encompasses all aspects of healthy growth and development. Children need adequate sleep so that their bodies grow and their brain's function. Sleep is when the body restores itself to be ready for activity and learning when awake.

For this reason, we will:

- Let a child sleep when they are tired.
- Let a child sleep as long as they need and allow them to wake naturally whenever possible.

Procedures for a child that is sleeping:

- We will follow the child's sleep routine given to us by their parents/carers as much as possible. If this is not possible, we will discuss with them their child's individual needs and how best to manage these while their child is at nursery.
- Ensure that the children have a safe and comfortable environment to sleep in.
- Provide soothing background noise or music to help settle babies to sleep and to minimise any other noise.

To minimise the risk of SIDS (Sudden Infant Death Syndrome) the following procedures are followed:

- Babies will always be placed on their backs to sleep unless the parent/carer states that they wish for their child to sleep on their front. In this case (dependant on child's age) this would need further discussions, to ensure safety for the child whilst at nursery.
- Babies will be placed with their feet at the base of the cot and blankets (if used) are tucked in so they cannot slip over baby's head.
- FSID (The Foundation for the Study of Infant Deaths) recommend that babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep in.
- Babies will never be put down to sleep with a bottle to self-feed. If the baby falls asleep with their bottle, every effort will be made to help the baby fall asleep whilst being nursed with their milk (by a practitioner) and then when the baby is asleep they will be transferred into their cot.
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a cot or suitable area to complete their rest.
- If the baby wakes when being transferred into the cot the practitioner will make every effort to try to soothe the baby back to sleep.
- Babies will be monitored visually when sleeping and these checks are recorded every ten minutes.
- When monitoring, we will look for the rise and fall of the chest and check that they are not sweating. If they are, some clothing will be removed. In this instance it is normal for a baby's hands and feet to feel cold. We will also check the baby's skin colouring to ensure they are not too hot or cold.
- We will pay particular attention to children who have coughs, colds or respiratory problems.
- Light bedding (blankets) will be used and babies will be appropriately dressed to avoid overheating. No loose bedding or pillows will be used in the cots. A sleep sack may be used instead of a blanket, in the correct tog for the season.
- We will remove any bibs or inappropriate clothing e.g. with strings, to prevent choking or strangulation.
- Every baby will be provided with clean bedding that is used for a maximum of three sleeps, unless dirty. If they attend less than three sessions, the sheets will be washed after their last sleep of the week at nursery.

- Room temperatures are monitored every ten minutes, to ensure that the optimum temperature remains between 16-20C. Fans are provided to keep the room cool in the hotter months.
- Cots should be away from wires and cords and at least 6.5cm apart from one another. Cots should not be rocked or pushed as this can cause weakness to them.
- Mattresses and sleep mats are covered in waterproof fabric, which are wiped/sprayed in between cot changes with a sanitising solution. Two mattresses are breathable and water resistant and are washed weekly. These mattresses are used for the babies who are under one years old as they are at more risk of SIDS (Sudden Infant Death Syndrome). Sleep mats should be inspected on a daily basis for any sign of damage e.g. to the waterproof fabric, cracked, punctured or torn. Any damage should be reported to the Nursery Manager immediately and changed as soon as is practically possible.
- Babies may not sleep in a nesting ring or car seat, as part of their sleeping routine at nursery.
- We will not force a child to sleep.
- Mattresses are replaced every two years unless they need replacing before, if damaged etc.

Procedures for children on sleep mats

- All of the above applies.
- Children should sleep top to toe so that children's heads are not near each other's, to avoid the spreading of any infections i.e. coughing etc.
- Children should be allowed to take a safe toy or comforter to bed with them.
- We will try and keep children in the same places for consistency.
- Where children require physical contact to get them to sleep, appropriate gentle contact may be offered.
- Mats should not block any fire exits.
- There should be quiet soft areas where children who do not sleep may rest, if they wish to do so.

We will not allow children that attend to sleep in their car seats whilst in the nursery.