

NURSERY SLEEP PROCEDURE

1 Introduction

Children need sleep and rest periods to help with their development. This procedure has therefore been developed to ensure all children are kept safe and their well-being is nurtured while they sleep in the Nursery.

All children develop at different rates. As a result, we need to adapt our practice and provision to meet these needs throughout the day. As children grow, they usually develop a routine in which they can reduce the length or frequency of daytime sleeps. Children at the Nursery will have the opportunity to rest or sleep if they need or want to. At these times, the staff will create an environment for the children to rest or sleep, i.e. a quiet area to cuddle up with a book or to access a sleep mat for older children, younger children will use the sleep area.

Whilst parental wishes will be taken into consideration when allowing a child to sleep, staff cannot force a child to sleep, to wake up or stay awake against his or her will, as this is an Ofsted regulation. During initial settling in visits, each child's individual day time sleeping routines will be discussed to consider the length of sleep, any comforters used to support, a child's sleeping position, as well as any key words or actions a child might display to indicate that they need to sleep.

2 Safe sleeping

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

- children are placed on their backs to sleep; however, once a child can roll from back to front and back again, on their own, they can be left to find their own position
- we use cellular blankets which are tucked in around the sleep mats or the mattress of the cots for younger children and always tucked in below a child's shoulders. All sheets are fitted
- children are never put down to sleep with a bottle to self-feed
- if comforters or toys are used for support, these are gently removed once the child is asleep
- children are monitored visually when sleeping with a minimum of two staff members always present. Checks are recorded every 15 minutes and children are never left in a separate sleep room without staff supervision at all times
- when monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, every child is checked individually
- as good practice, we monitor new children sleeping during the first few weeks, every five minutes, until we are familiar with the child and their sleeping routines to offer reassurance to them and their families

2.1 Providing a safe sleeping environment

We provide a safe sleeping environment by:

- monitoring the room temperature ensuring it does not go above 18c

- using clean, light bedding/cellular blankets and ensuring babies are appropriately dressed for sleep to avoid overheating (removing shoes and jumpers)
- only using safety-approved sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and ensuring mattress covers are used in conjunction with a clean fitted sheet
- only letting children sleep in prams if they lie flat and we have parents' written permission and only as a last resort
- keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- ensuring every child is provided with clean bedding
- placing a name label on each bed for easy identification and to ensure the bedding is returned (if clean) to the correct child
- transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- having a no-smoking policy
- blankets are not placed over prams, coracles or a child's head or face to ensure that we can see the child at all times and to ensure the blanket cannot fall on the child, blankets are tucked in all around the mat or pod mattress to ensure it does not rise above a child's head
- we allow and encourage the children at least 15 minutes to try to go for a sleep, if after this time, they show no signs of sleeping, they may take part in a quiet activity either in their room, or join non-sleepers in another room, or the garden (weather permitting)
- children are placed feet to foot position in coracles
- nothing is placed on or near children when they are going to sleep; any soft toys should either be removed or monitored closely to ensure they are not near faces
- all staff read and adhere to the guidance given by the [Sudden infant death syndrome \(SIDS\) - NHS](#)
- beds must be wiped down with antibacterial spray before putting away

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

If parents wish practitioners to reduce or stop their child's sleep, they must discuss this first with the Head of Nursery and their child's Key Person.

2.2 Sleeping twins

We follow the advice from *The Lullaby Trust* regarding sleeping twins and will not put them together in the same cot to sleep.

Further information can be found at: www.lullabytrust.org.uk