

Early Days Nursery School Ltd

Sleep Policy

EYFS: 3.1, 3.2, 3.53, 3.54,

At Early Days Nursery School Ltd, we are aware that all children need opportunities during the day to rest and/or sleep and we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. We work in partnership with parents to follow individual sleep routines. Sleep mats are used in the Hedgehogs Classroom within a partitioned area for older babies who require a sleep after lunch. Toddlers sleep in their chalet on sleep mats. All classrooms and the chalets have cosy, carpeted, cushioned areas for children to rest when needed along with quiet areas in outdoor areas for rest. Younger babies are put to sleep in cots within a designated sleep room. Information is shared with parents/carers at the end of each day and through a day book of information on Tapestry and we discuss any changes to the child's sleep patterns.

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. Sudden Infant Death Syndrome is the unexpected death of a seemingly healthy infant for whom no cause of death can be determined. All staff are aware of following safe sleep practices to reduce the risk.

Early Days Nursery - Safe Sleep Practices

- Temperature is checked regularly and recorded. Sleeping areas are well ventilated and kept between 16 and 20 degrees Celsius.
- A room thermometer is available in the sleep room and main room and the temperatures are adapted by turning heating on/off or opening windows if required.
- Children are not left to sleep in direct sunlight or next to radiators.
- Sleeping children are checked every 10 minutes and a timed buzzer is used to ensure this by observing the rise and fall of the child's chest.
- Sleep checks are recorded and initialled.
- Practitioners are mindful of changes to the child's skin colour, breathing, body temperature and restfulness.
- Babies will always be placed on their back unless we have evidence of a specific medical need. Babies will be turned onto their backs again if they have rolled onto their tummy unless they are able to roll from back to front and front to back independently, when they can be left to find their own position.
- Once placed on their backs infants will be allowed to assume a preferred sleep position.
- Infants will always be placed with their feet at the foot of the cot or sleep mat (Pictorial guidelines available).
- We ensure all cots and mattresses are in good condition, clean and fit for purpose and are compliant with British Standard Regulations.

- Infants sleeping in the sleep room, will sleep in their own sleeping bags or with cellular blankets. No pillows or cot bumpers are used.
- Infants have their own nursery bedding, kept in individual named baskets or bags.
- Infants' heads will remain uncovered during sleep time from hoods, hats, or blankets.
- Infants' shoes will be removed before sleeping.
- Infants can use comforters or dummies if provided by parents/carers.
- Staff remain within ear shot and use baby listening monitors linked to the main room.
- The nursery is a non-smoking environment.
- Sleep records are kept of when individual children sleep and for how long and this is shared daily with parents/carers.
- Parents' wishes regarding length of sleep times are followed wherever possible provided it is clearly in the child's best interest. However, staff will not force the child to sleep or keep them awake against the child's own will.
- We keep all spaces around cots and beds clear from hanging objects i.e., hanging cords, blind cords and string bags.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers who fall asleep in pushchairs at times may continue to sleep in this way if they are reclined and we have a verbal agreement with the parents/carers.
- We will transfer any baby who falls asleep whilst being nursed by a practitioner to a safe sleeping surface to complete their rest.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>16th February 2022</i>	<i>Gina Chamberlain and Tracey Webb</i>	<i>February 2023</i>