



## 14.Sleep Policy

At Little 1 Nursery the safety of our children is of paramount importance. We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Our policy follows the advice provided by the NHS and the Lullaby Trust to minimise the risk of Sudden Infant Death Syndrome. We make sure that:

- Children are always placed on their backs to sleep on a firm, flat sleep mat or mattress in a cot or coracle. When children initially start to turn over onto their stomach to sleep, we will gently turn them back onto their backs, but when children can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep
- Children are never put down to sleep with a bottle to self-feed
- Children are placed towards the bottom of the bed/cot (feet to foot)
- Children will use either a sleeping sack (provided by parents) or will be covered with a blanket which is tucked in to either side to prevent wrapping.
- Children are monitored visually when sleeping every 10 minutes.
- When monitoring, the staff member looks for the rise and fall of the chest to ensure breathing.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we aim to keep this between 16 and 20 degrees)
- Having no loose items in the cot or within reaching distance.
- Using clean, light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating.
- All bibs removed.
- Only using safety-approved cots or other suitable sleeping equipment (i.e. coracles or mats) that are compliant with British Standard regulations, with a clean fitted sheet.
- Only letting babies sleep in a buggy (Joie™ Pact) ( only advised when settling in) we will have parents written permission gained through our induction process.
- Once settled they will be transitioned into sleeping in a cot, coracle or sleep mat.

Keeping all spaces around mattresses clear from hanging objects i.e. hanging cords, blind cords, drawstring bags

- Ensuring every child is provided with named clean bedding weekly.
- Transferring any child who falls asleep while being nursed/fed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy
- If a child arrives to nursery in a buggy or car seat we will transfer them to either a cot, coracle or sleep mat checking their breathing before laying them down.

We ask parents to complete 'All about me' sheet 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 child has an unusual sleeping routine or a position that we do not use in the nursery i.e. children sleeping on their tummies, we will explain our policy to the parents and inform them that we will be 'back-sleeping' their child unless there is written evidence of advice from a trained medical specialist to direct us otherwise.

We recognise parents' 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 not force a child to sleep or keep them awake against his or her will.

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.

### **Sleeping twins**

We follow the advice from children's parents as well as The Lullaby Trust regarding sleeping twins.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)