

Sleep Room Policy

It is our ethos at St Bernard's to aim to ensure that all children have enough sleep to support their health, development, and natural sleeping patterns in a safe environment. We offer our children a separate sleep room to aid their rest.

The safety of our babies sleeping is paramount. Therefore, our policy is in line with the recommendations of both Ofsted and The Lullaby Trust to minimize the risk of Sudden Infant Death. The following procedures are in place:

- Babies are placed on their backs to sleep, if a baby rolls onto their tummy, we will turn them over onto their backs again. All children under the age of 6 months will be monitored whilst asleep by a member of the team, children from birth to 2 years of age will be placed on their backs, with no additional toys, bumpers etc during sleep.
- Babies/toddlers are never placed to sleep with a bottle to self-feed and fall asleep.
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Checks are made every 3 minutes as good practice and recorded on a sheet.
- A baby monitor is in place in our sleep room to provide extra support whilst the children are sleeping.

We provide a safe sleeping environment by:

- Monitoring the room temperature to be at a level between 16 – 20 degrees.
- Using clean, light, bedding and ensuring the children are appropriately dressed for sleep to avoid overheating.
- Cots and bedding mats are safety approved and compliant with British Safety regulations.
- Cot bumpers are not used, cots or bedding are not cluttered although comforters may be given where required.
- Cots and mats are clear of hanging objects i.e., hanging cords, blind cords, drawstring bags.
- Baby/toddlers are provided with clean bedding and personal to them. Working in partnership with parents we will meet the child's individual needs i.e., if a child prefers to sleep in a sleeping bag, these will be provided by parents and be monitored for suitability as the child grows.
- Bedding and comforters are laundered weekly and more if required. We are a setting that promotes the no use of dummies, however if they are used for sleeping only, they will be monitored for suitability and replaced when they become tired and unsafe. They will have their own named safe keeping box.
- If a child falls asleep within the setting and needs to be transferred into the sleep room, they will be placed on a safe mat to complete their rest.
- With the use of our 3-minute checking system, baby monitor equipment and staff supervision at the busiest of times in the sleep room, the children can sleep peacefully and in a safe environment.

As part of our home visit, documentation will be provided for parents to complete with regard their child's sleeping routine and sleeping position. These are documented. This will be reviewed at timely intervals. If a baby appears to have an unusual sleeping routine or position that we do not use within the setting, a discussion will be held with Management as to why and how a suitable solution can be made. A review may take place if this is due to a medical reason and recorded on the child's personal sleep sheet.

Our staff team recognise a parent/carer knowledge of their child's sleep routine and will where possible adhere to meet these, so we are all working together to ensure the child's well being is being met. However, if a child does not fall sleep a staff member cannot force this to happen and alternatively, we cannot keep them awake against their will. We do acknowledge parents wishes to limit their child's sleep, but staff will not wake children if they are in a deep slumber sleep or waking them is detrimental to their health if they have been unwell or had a disturbed nights sleep.

Individual sleep routines are followed rather than a generic sleep time for all. We like to create a calm and tranquil setting for them to rest, so we provide a separate room with soft music, turned off lights and a light décor to promote a peaceful rest atmosphere.

A child's sleep time will be recorded, and the information will be shared with parents at the end of the day via our Famlyy portal and verbal communication.