

# Sleep Policy

## EYFS SECTION 3.59

At Total Tots we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society to minimise the risk of Sudden Infant Death.

Please see below link for further information

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

### We make sure that:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep
- If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parent/carer and ask them to sign to say they have requested we adopt a different position or pattern on their ***"routine sheet"***
- Babies/toddlers are never put down to sleep with a bottle to self-feed, a practitioner will feed/supervise bottle feeds before they are put down to sleep.
- Babies/toddlers are monitored visually when sleeping and checked at 10-15 minutes intervals. When monitoring, the practitioners we look for the rise and fall of the chest and if the sleep position has changed also checking on the child's appearance.

### We provide a safe sleeping environment by:

- Monitoring the room temperature using digital thermometers, we use clean light bedding and low TOG grow bags will be available for children in the 0-2 year nursery rooms. Ensuring babies & toddlers are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- No sleeping in prams, cosy dens, bouncers (if children fall asleep in prams bouncers etc they must be moved to suitable sleeping equipment cot/sleep mat).
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags. Practitioners will risk assess the area before putting children to sleep.
- Ensuring every baby/toddler is provided with clean bedding .
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Having a no smoking/Vaping policy.

We ask parents/carers to ***complete a routine information sheet*** on their child's sleeping routine, this should be shared with your child's key person during your child's settling in new starter visits. ***It is the responsibility of the parent/carer to inform the nursery & Key person of any changes to your child's current sleeping pattern.***