

The Hollies Childcare Facility
Sleep Policy

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Revision History

Issue / Draft	Date	Comment/Reason for Change
Draft	18th January 2024	Initial release for comment
Issue 1	10 th September 2024	Annual Document Review
Issue 2	12 th September 2025	Annual Document Review

Glossary

Term	Definition
The Hollies	Refers to The Hollies Childcare Facility
CAO	Chief Administration Officer
PIC	Person In Charge

Overview

Sleep is an essential requirement for good health. Young children often require day time naps to ensure they get enough rest to support growth, physical and mental development. Regular naps also prevent children from becoming overtired which can affect their mood, behaviour and ability to learn. Without a regular routine, children's sleep patterns can be disrupted making it harder for them to fall asleep at night.

The safety of children sleeping is paramount. Before we begin to care for your child, it is important that we discuss with you any established sleep routines so that we can accommodate them, where possible into your child's day at the setting. It is also vital that you keep us informed of any changes to routines as your child's sleep needs will change as they grow and develop.

In order to support your child's routine in the best way possible, we will discuss with you, your child's routine such as;

- How many naps your child normally has and at what time.
- Average length of sleep time.
- Your child's usual sleeping position at home.
- Whether they have a dummy or comforter.
- Any special routines that you have or things that you do to help your child settle down for a nap, eg. Sing a song, read a story.

We will ask you to review the information on your child's sleep, keeping us informed of any changes eg. Cutting out naps to ensure their care plan is accurate and up to date. This will usually be done at handovers verbally with staff members.

We are unable to keep over tired children awake if they are unsettled whilst at the setting due to tiredness. We appreciate you may be working to get your child into an appropriate sleep pattern and will work with you to achieve this. In the event of a child becoming distressed due to lack of sleep we will contact you to ask if they can have a nap on occasions where they wouldn't normally need a sleep.

If you would like your child to sleep at certain times our staff members will attempt to ensure this happens but if the child resists sleep, they will not be forced. If you request that your child is woken after a certain length of time, staff will attempt to wake your child by

gently encouraging them to wake. If your child becomes distressed or we are unable to wake them up through gentle encouragement, we will not force them to wake. We will however, gently encourage them to wake in 10 minute intervals.

Sleep Safety

We are aware of the risks of Sudden Infant Death Syndrome (SIDS) and follow current guidance to ensure infants are sleeping safely. For example;

- Children are always put down to sleep on their backs.
- Children's heads are never covered when sleeping.
- We provide a comfortable area for children to safely sleep with a pillow and blanket.
- Room temperatures are checked regularly to ensure children are not too hot or too cold and there is a thermometer in the main room.

Children will never be left alone in a room whilst sleeping. Staff members will regularly check on children whilst sleeping (every 10 minutes) to ensure that they are still safe and comfortable.

This policy is used in conjunction with the Lullaby Trust's 'Sudden Infant Death Syndrome: a guide for professionals'. You can find helpful parent's guide to safer sleep for children on the Lullaby Trust Website (www.lullabytrust.org.uk).