



Sleeping Child Policy

At Loversall Farm Day Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping patterns in a safe environment.

The safety of babies sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death and practice safe sleeping practices. This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep.
- Babies/toddlers will **never** be put down to sleep with a bottle to self-feed.
- Children under 12 months will be monitored visually when sleeping, checks are recorded every 5 minutes and babies will never be left in the Baby room without staff supervision at all times. Sleeping children in the 2-3 and 3-5 year room will be physically checked every 10 minutes
- When monitoring sleep, the staff member will look and feel for the rise and fall of the chest, and if the sleep position has changed.
- As good practice we may increase the monitoring of a baby under 6 months or a new baby sleeping during the first few weeks. This is until staff become more familiar with the child and sleeping routines and to offer reassurance to them and their families.
- Where appropriate we will support a baby through self-soothing sleep routines

We provide a safe sleeping environment by:

- Monitoring the room temperatures.
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. coracles or mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- The coracles will only be used for babies aged six month or older
- 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.
- Ensuring each baby/toddler is provided with clean bedding.

- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.
- Children will never be put down to sleep in a pushchair or bouncy chair, however we do acknowledge that on occasions children will fall to sleep in the kindervan or double pushchair when out on community walks. Where this happens the children will be transported to a cot and/or other safe sleep resource as soon as they return to nursery

Routine information records are completed by the parent and key person when they are settling into the nursery, during their key person visit, and this information is updated at timely periods. If a baby has an unusual sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies we will explain our policy to the parents and ask them to sign a form to say they have requested that we carry out a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child in relation 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. They will also not usually wake children from their sleep. We do however understand the importance of a bedtime routine and will do our best to work with parents to ensure that home/nursery routine is consistent causing minimum disruption to a child's normal sleep pattern.

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 adequate sleep.

Sleeping twins

We follow the advice from The Foundation for the Study of Infant Deaths (FSID) regarding sleeping twins and will not put them together in the same cot to sleep.

This policy was adopted on	8 September 2018
Signed on behalf of the nursery	
Signed by the nursery owner	
Date disseminated to staff	
Date for review	September 2026