

SLEEP PROCEDURE

Our aim is to ensure that all the children at the Nursery School have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children when sleeping is of paramount importance to us at the Nursery School. We have adopted a policy of good practice and taken recommendations from FSID to minimise the risk of Sudden Infant Death. This includes:

- Babies being 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 to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually when sleeping. Checks are recorded every 15 minutes for babies and they will never be left in a separate sleep room without staff supervision at any time
- When monitoring, the staff member will look 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 six months or a new baby sleeping during the first few weeks, e.g. to every 5-10 minutes. This is until staff become more familiar with the child and sleeping routines and to offer reassurance to them and families

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring the children are appropriately dressed for sleep to avoid overheating
- Only having safety-approved cots or other suitable sleeping equipment (mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- 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
- Ensuring every child is provided with clean bedding
- Should a child fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Do not cover cots with blankets or sheets and ensure children/babies can be visually monitored at all times

Routine cards are filled out with the parent and key person when the children are settling in to the Nursery School and this is updated at timely periods of review. If a child has an unusual sleeping routine or position that we would not use in the Nursery School, i.e. babies sleeping on their tummies, we will explain our policy to the parents and advise them on how we will manage their child's sleeping needs during their attendance at the Nursery School. All recommendations will be noted and agreed with the parent on the induction form.

We recognise parents' knowledge of their child in terms of sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continue to be met. However, staff will not force a child to sleep or keep them awake against their will. They will also not usually wake children from their sleep.

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

Reviewed on: February 2020

Signed on behalf of the Nursery School:
Candice Harrison

Next review date: February 2021

