

SLEEP AND REST POLICY

POLICY STATEMENT

To ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

METHODS OF SLEEP AND REST

At Little Grange Nursery we follow the advice of The Lullaby Trust to minimise the risk of Sudden Infant Death Syndrome.

The safety of children sleeping is paramount, and we promote good practice and ensure that we work in partnership with the parents.

Babies in cots should sleep:

- On their backs;
- At the bottom of the cot;
- In a well-ventilated room;
- Without duvets or bumpers to the sides of the cots;
- With sheets or blankets that cannot become tangled;
- Without any large soft toys that have the potential to smother a baby;
- With a comforter if they normally have one; and
- Without hanging mobiles.

Older children on mattresses should sleep:

- Placed top-to-tail with other sleeping children to prevent the spread of infection;
- In a well-ventilated room;
- With sheets or blankets that cannot become tangled;
- Without any large soft toys that have the potential to smother;
- With a comforter if they normally have one.

PROCEDURES

When starting at the nursery children's individual routines are discussed with the parent and key worker to ensure the nursery is aware of how the child sleeps and to share information about advice offered by The Lullaby Trust.

If a baby has an unusual sleeping routine or position that does not support safer sleeping guidance i.e. babies sleeping on their tummies, we will explain our policy to the parents and advise them that at nursery we will be following safer sleep guidance and therefore children will be placed on their back to sleep.

If parents wish for their child to sleep on their tummies or sides for a medical reason, then we would recommend that they get a letter from their medical advisor to confirm this.

The individual needs of the babies and children at the setting should be shared with the relevant staff. Sleep routines are a very intimate part of a baby's day. Babies should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep. When getting a baby ready to sleep the staff will ensure children have:

- A clean nappy;
- Outer clothes, bibs and shoes removed;
- Fed or had a drink;
- A comforter, if needed; and
- Are not too warm.

All children will have their own individual sheets, and these will be washed as a minimum on a weekly basis, or more frequent if needed to prevent the spread of infection.

DAYTIME REST POLICY AND PROCEDURE

Where possible a routine for bedtime should be followed and a suitable space, away from drafts and noisy areas should be used for children to sleep in. Staff should follow the child's routine and individual preferences when helping children to sleep. If the child has not gone to sleep after 20 minutes the staff member should consider getting them up and maybe trying them later for another sleep.

The key worker should discuss this with the parent and establish a time limit for trying to get the child to sleep which should be communicated to all staff members.

If a baby falls asleep in the arms of a staff member, they should be placed in the cot so they can continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the baby's clothes should be loosened. Staff within the area should be made aware that the baby needs their nappy changing when they wake.

Some parents may ask for their child to go to sleep in a bouncer or pushchair. Staff should re-enforce the settings policy and discuss with parent's difficulties and the implications of this. Where a child will only fall asleep in a bouncer, they should be moved to a flat bed or cot once asleep.

OLDER CHILDREN

Children need sleep and rest periods to help support their development. Children all develop at different rates, and we must meet their needs throughout the day at nursery. As they grow, they will usually develop a routine in which we will see a natural reduction in the length or frequency of their daytime sleeps.

Children at Little Grange Nursery can rest or sleep if they need or want to throughout the day. The staff will create an environment for the children to rest or sleep i.e. a quiet space with cots for younger babies or sleep mats/mattresses for older children.

Parental wishes should be taken into consideration, although staff will not force a child to sleep, wake or keep a child awake against his or her will to sleep. However, we reserve the right as a nursery to use common sense based on the needs of the child and also taking into consideration the time of day.

SLEEP MONITORING

Sleeping children must be checked at 10-minute intervals. Staff who are working in the rooms are all responsible for checking the children. Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath;
- Ensuring that each child is well;
- Ensuring that each child is not too hot or too cold;
- Ensuring that all sheets or blankets are not wrapped around the child.

The sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check. Senior staff such as the Nursery Manager or Deputy Manager will monitor these forms to ensure they are completed correctly.