

SLEEP POLICY	
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SLEEP POLICY

We believe to support the well-being of our youngest children; sleep needs and routines should be accommodated as best as they can. We will endeavour to meet all children's needs through working in partnership with parents/carers and the Nursery routine.

As young children we need to ensure babies and young children are safe and well when resting. We will support this by doing the following:

Sleep routines:

- When a new child starts with us, we will discuss their sleep routine as part of the induction.
- Staff will consult with parents on how they would like their child settled to sleep e.g., patted to sleep or comforter used. This will be shared with all members of staff working in that room.
- We will work in line with parents and carers requests but acknowledge that young children's routines may change when in a new environment.
- Dependent on their stage of development, children will be encouraged to settle themselves.
- Babies will be encouraged to sleep on their backs with their feet touching the bottom of the cot. They will be covered by a light blanket up to their shoulders or placed in a sleeping bag. As per the recommended advice given on the NHS website to reduce the risk of sudden infant death syndrome (SIDS) [Sudden infant death syndrome \(SIDS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sudden-infant-death-syndrome/)
- The older children will be made comfortable when put down to rest or sleep, e.g., shoes, socks and outer clothing removed, made comfortable on sleeping mat/cushions etc. Children in the Orange Blossom Room (3-5 years) do not generally need a sleep, but if they wish to do so, especially if they are attending all day, their needs will be accommodated.
- We will aim to settle children according to their individual sleep needs and routines. For our older children the sleep/rest time is between 1.00 – 2.30pm.
- If it is apparent the child will not settle or fall asleep, after a maximum of 30 minutes the member of staff will use their judgement as to whether a child is tired or not and if not, the child will return to play.
- A member of staff will stay in the room until each child is asleep. This will allow the member of staff to ensure every child is safe and comfortable.
- Sleeping children will be checked every ten minutes. This will be recorded on the sleep chart and initialled by the person checking them. The member of staff will observe the child's temperature, colour, and breathing.

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- Whilst children are sleeping there will be a member of staff in the room or in close proximity of the room allowing the member of staff to be at hand when a child awakes, needs any form of support or if an emergency were to arise.

The environment:

- The temperature of the room will be monitored to make sure it is not too hot or cold (18°C). We will act accordingly to ensure the temperature is modified as required, by opening windows, using fans or heaters.
- We will aim to ensure children are well spaced out for sleep and rest times.
- All used sleep mats will be sprayed and wiped down with anti-bacterial spray after use with a paper towel, the paper towel will be disposed of immediately.
- Children’s bedding will be stored and labelled in a way to prevent cross-contamination through contact and will be washed weekly after the child’s last session.

What will happen if your child stops breathing:

- Sudden Infant Death Syndrome (SIDS) is rare, especially after five months of age when babies start to become more mobile.
- However, if an emergency arises and a child were to stop breathing the member of staff will call for help by either calling loudly for a colleague or phoning through for assistance.
- If resuscitation is required, this will be carried out by a qualified First Aid Practitioner.
- Whilst resuscitation is taking place a senior staff member will call for an ambulance and contact the parents and carers of the child.
- In the unfortunate event of a child in our care passing away of SIDS, Ofsted would be informed.

It is our duty to ensure the safety and well-being of every child is met. We endeavour to work in partnership with all our families to meet and support every child's needs.