

<b>SLEEP POLICY</b>	
Reference: CF26	Effective date: 31.08.2012
Page no: 1 of 3	Approved: 31.08.2012
Last revision: May 2020	Revision date: May 2021



## **SLEEP POLICY**

**In the Nursery we believe that in order to support the well-being of our youngest children we need to ensure that children's sleep needs and routines should be accommodated as best as they can. All staff will endeavour to meet all children's needs through working in partnership with parents/carers and the Nursery routine.**

***This Policy has been updated in line with current Government Guidance in managing the COVID-19 Pandemic within Early Years Settings (21/05/2020):***

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures>

<https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings>

As young children sleep it is our job as professional practitioners to ensure that babies and young children are safe and well throughout the period in which they are resting. We will support this by doing the following:

- When a new family starts at our setting, we will ensure that an induction takes place allowing us to cater for the child's individual needs. We will aim to work with parents/carers requests, but it will need to be acknowledged that young children's routines may change when they encounter new experiences/environments.
- The temperature of the room will be monitored to make sure it is not too hot or cold (18°C). A staff member 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/or rest times, 2 metres where possible.

<b>SLEEP POLICY</b>	
Reference: CF26	Effective date: 31.08.2012
Page no: 2 of 3	Approved: 31.08.2012
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- 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.
- Staff will consult with parents on how they would like their child settled to sleep e.g. patted to sleep or comforter used. Children will be encouraged to settle themselves where possible and this will be dependent on their stage of development.
- 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 so that they cannot wriggle under the covers (this is the recommended advice given on the NHS website to reduce the risk of Sudden Infant Death Syndrome (SIDS)).
- The older children will be made comfortable when put down to rest/sleep, e.g. shoes, socks and outer clothing removed, made comfortable on sleeping mat/cushions etc.
- A risk assessment will be carried out to ensure every child is safe e.g. no bags or toys with strings/bows which may cause harm to any child, correct temperature in the room etc.
- A staff member will stay in the room until each child is asleep. This will allow staff to ensure that every child is safe and comfortable.
- The well-being of each individual child will be checked every ten minutes whilst they are asleep. This will be recorded on the sleep chart and initialled by the person checking them. Staff will observe the child's temperature, colour and breathing.
- Whilst children are sleeping there will be a member of staff in that room or in close proximity of the room allowing the staff member to be at hand when a child awakes, needs any form of support or if an emergency happens to arise.

SLEEP POLICY	
Reference: CF26	Effective date: 31.08.2012
Page no: 3 of 3	Approved: 31.08.2012
Last revision: May 2020	Revision date: May 2021



- 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:

- If an emergency arises and a child stops breathing the responsible staff member will call for help by either calling through for a colleague or phoning through for a senior staff member to assist them.
- Where necessary if resuscitation is required this will be carried out by a qualified First Aid Practitioner and this will take place in the nearest vacant space.
- Whilst resuscitation is taking place a senior staff member will call for an ambulance as well as make contact with the parents/carers of the child.

Please note:

- 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.
- Sudden Infant Death Syndrome (SIDS) is rare, especially after five months of age when babies start to become more mobile.
- In the unfortunate event of a child in our care passing away of SIDS, Ofsted would be informed.

**As professional Early Years Practitioners it is our duty to ensure that 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.**