



Sleep Room Policy

Aim; It is our intent to make sure that the sleep room is a safe and comfortable.

OUR STATEMENT

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different so we provide flexibility and opportunities for children to take naps and rest as they need. We ensure that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs. An All About Me form is filled out by the parent/carer when their child starts settling into the nursery and this is updated at timely periods to review. We recognize parent/ carers' knowledge of their child in regards to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

REST AREAS

Within each area of the room areas with soft seating and cushions where children can go if they wish to rest and relax. We have a separate cot room situated away from noise and other distractions. Each child and baby has their own bedding which is stored on separate name pegs when not in use.

PARENTS' WISHES

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the under 2 $\frac{1}{2}$'s section, to ensure each child's individual needs are carefully met. Younger children usually need both morning and afternoon sleeps but these depend upon parents' wishes. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this will be taken into account PROVIDED it is also clearly in the child's best interests. We will **never** force a child to stay awake or go to sleep.

COMFORTERS AND COMFORT BLANKETS

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. PLEASE LABEL THEM. Parents may wish to provide dummies for their little ones for they too can provide comfort during rest and sleep times however the nursery does not provide, supply or ever introduce them to children themselves. Dummies are usually restricted to sleep and rest times. They are not encouraged in the play rooms for they can hamper a child's speech, interaction with others and are a major cause of speech delay.

STAFF

Staff are fully aware of the fact that children need to rest and sleep. Staff appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day. Quiet areas in the classrooms are available all day and children can take a rest when they want. Staff will not force a child to sleep or keep them awake against his or her will. 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.

SLEEP RECORDS

Record Books are completed each day so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed regarding their child's sleep/rest verbally. Management check records periodically to review safety procedures.

SUDDEN INFANT DEATH SYNDROME

[Cot Death] The safety of babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimize the risk of Sudden Infant Death.

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 unsupervised, a member of staff will ALWAYS be there next to the cot whilst the child is drinking, the child is never laid flat whilst drinking. Once they have finished drinking the bottle is removed immediately
- Babies/toddlers will be monitored visually when sleeping, the sleep room door is always kept open so children are always at ear shot. Children are checked every 10 minutes
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed 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. pods or 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 i.e. hanging cords, blind cords, drawstring bags
- Cots never left in direct sunlight or next to radiators
- 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.

Familiar staff and key carers settle the toddlers down for their naps and quiet classical music is played for them or a story is read. A practitioner remains either in the room or within earshot at all times when children are sleeping. Toddlers who do not need [or whose parents do not wish them to] take a nap after lunch enjoy 'Quiet Time' or 'Mindfulness' when they lie down, rest and listen to music, listen to a story or watch an educational DVD or other suitable learning material.