



## **Sleep Policy**

At Our Nurseries we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Sudden Infant Death Syndrome (SIDS) is the unexpected death of a seemingly healthy baby for whom no cause of death can be determined based on an autopsy, an investigation of the place where the baby died and a review of the baby's medical history.

In the belief that proactive steps can be taken to lower the risk of SIDS in childcare settings and that parents and childcare professionals can work together to keep babies safer while they sleep,

We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping this will be recorded. Babies and children are never left in a separate sleep room without staff supervision.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed this will be done every 10 minutes.
- As good practice, we monitor babies under six months every five minutes until we are familiar with their sleeping routines.

We provide a safe sleeping environment by:

- Steps will be taken to keep babies from becoming too warm or over heating by regulating the room temperature, avoiding excess bedding and not overdressing or over-wrapping the baby; room temperature will be kept between 68-72°F degrees (16-20°C).
- Using clean, light bedding/blankets firmly tucked in under the child's arms below their waist to prevent head covering. Also ensure babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots for under 1-year olds / mats or other suitable sleeping equipment that are compliant with British Standard regulations.
- 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.
- We ensure every baby/toddler is provided with clean bedding.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- No smoking is permitted on the premises and key persons who smoke will ensure that their clothes are changed and their breathe does not smell of smoke when caring for babies.
- We ask parents to share their child's sleeping routine with the child's key person when the child starts at nursery, and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child with 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. However, staff will not force a child to sleep or keep them awake against his or her will. We will not usually wake children from their sleep unless a parent conversation form has been completed and that states that a child only sleeps for a certain amount of time.

Staff will discuss any changes in sleep routines at the end of the day with parents and record on daily note.

Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

<b>This policy was adopted on:</b>	<b>Signed on behalf of the nursery:</b>	<b>Date for review</b>
April 2021	Claire Smith	April 2022
April 22	Vicky Sheard	April 2023
May 2023	Vicky Sheard	May 2024
January 2024	Rebecca Barron	January 2025
January 2025	Rebecca Barron	January 2026
March 2026	Zoe Goodchild	March 2027
April 2026	Vicky Sheard	April 2027 (added info)
May 2026	Rachel Strong	May 2027