



Sleep Policy

Policy Statement

Sleep is an essential requirement for good health. Babies and young children often require day time naps to ensure they get enough rest to support growth, physical and mental development. Regular naps also prevent children from becoming overtired which can affect their mood, behaviour and ability to learn. Without a regular routine, children's sleep patterns can be disrupted making it harder for them to fall asleep at night, eventually resulting in exhausted children, parents and carers.

Before we begin to provide care for your child, it is important that we discuss with you any established sleep routines so that we can accommodate them, where possible into your child's day at nursery. It is also vital that you keep us informed of any changes to routines as your child's sleep needs will change as they grow and develop.

In order to support your child's routine in the best way possible, we will ask you to complete the 'All About Me' section of the child registration form before your child attends. This includes information on;

- How many naps your child normally has, at what times and for how long.
- Average length of sleep time
- Where your child prefers to sleep, e.g. cot
- Whether they have a dummy or comforter
- Any special routines that you have or things that you do to help your child settle down for a nap, e.g. have a bottle, sing a song, read a story
- When children move to the preschool room they generally tend to need less naps; however should they still need a nap they will be asked during the day and there are cosy areas in all rooms to provide 'rest times'.

We will ask you to review the information on your child's sleep, keeping us informed of any changes e.g. cutting out naps to ensure their care plan is accurate and up to date. This will usually be done at handovers verbally with your child's key worker and we may discuss this at parent's evenings termly.

We are unable to keep over tired children awake if they are unsettled whilst at nursery due to tiredness. We appreciate you may be working to get your child into an appropriate sleep pattern and will work with you achieve this. In the event of a child becoming distressed due to lack of sleep we will contact you to ask if they can have a nap on occasions where they wouldn't normally need a sleep. If your child is distressed due to lack of sleep and you would not like your child to sleep, you will be asked to collect your child from nursery as all children in our care reserve the right to have their basic needs met, including appropriate amount of sleep in order to enable play and learning. We also equally will not make a child sleep if they are not tired. If you would like your child to sleep at certain times our key workers will attempt to ensure this happens but if the child resists sleep, they will not be forced. If you request that your child is woken after a certain length of time, staff will attempt to wake your child by gently encouraging them to wake. If your child becomes distressed or we are unable to wake them up through gentle encouragement, we will not force them to wake. We will however, gently encourage them to wake in 10 minute intervals.



Sleep Safety

We are aware of the risks of sudden infant death syndrome (SIDS) and follow current guidance to ensure infants are sleeping safely. For example:

- Children are always put down to sleep on their backs
- Babies who are unable to roll themselves confidently when awake will be placed back onto their back if they roll in their sleep
- If sleeping in cots babies are placed in the 'feet to foot' position
- Sheets and blankets are firmly tucked in at the bottom and sides of the cot and are positioned no higher than the baby's midline. Children's heads are never covered whilst sleeping
- We provide sleep mats and cots for children to safely sleep in. Babies under one, sleep in cots and after this time they will transition into sleeping on sleep mats. Should you wish for your child to sleep in a cot after one year old please inform the Nursery Manager
- Room temperatures are checked regularly to ensure children are not too hot or too cold and thermometers are in rooms
- We do not allow children to fall asleep in pushchairs

We also have a key worker stationed in the room with sleeping children and they check on sleeping children regularly (every 10 minutes) to ensure they are still safe and comfortable. Key workers sign and initial sleep charts to confirm they made the check and at what time.

This policy is used in conjunction with the Lullaby Trust's 'Sudden infant death syndrome: a guide for professionals'. You can find a helpful parent's guide to safer sleep for babies on the Lullaby Trust Website (www.lullabytrust.org.uk) or by asking the Nursery Manager for a paper copy.

Date of Policy: March 2019

Signed By: Nursery Manager