

**Sleeping Policy**

**Date updated: April 2024**

**Date of next review: April 2025**

**1 POLICY STATEMENT**

*‘Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance’ Statutory Requirements EYFS 2021 (3.60)*

As part of the introduction to nursery is to gain knowledge of your child’s individual routine and their sleep and rest time periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

**2 SAFE SLEEPING GUIDANCE**

The nursery has a ‘Sleep Chart’ document for babies and young toddlers. They are monitored every 10/15 minutes during their sleep time. This is signed by the member of staff at each interval. The older children’s sleep is documented on their day sheet.

A member of staff is present at all times with children when they are sleeping / resting.

Children who have medical conditions, certain emotional needs or sleep training programmes, the nursery will endeavour to enhance staff supervision however the parent should discuss this with the Key Person and Nursery Manager.

All children’s mouths are checked before going to sleep.

All play rooms are well ventilated, with room’s temperatures of 16-22c (recommended guidelines); however this may be higher during the summer months, where fans will be used to try to regulate temperature.

All children sleep on and are placed to sleep on their back. Light bedcovers may be used if appropriate.

Sleep mats are regularly checked for any signs of damage and are regularly aired.

After each sleep the bedding is changed.

Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.

The child’s breathing will be checked by placing a gentle hand on the child’s chest or putting the back of their hand near the child’s mouth to feel for breath.

Staff will ensure they are not hot or cold.

**SAFE SLEEPING CHECKS:**

Whilst Sleeping staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.

The child’s breathing will be checked by placing a gentle hand on the child’s chest or putting the back of their hand near the child’s mouth to feel for breath.

Staff will ensure they are not hot or cold.

**SETTLING SLEEPERS**

The child’s sleeping routine is discussed with the parent/carers and recorded within their personal sleep routine i.e. length of sleep, position of sleep.

Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with your child’s personal belongings

If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes.

A child will be settled by a member of staff unless parent/carer requests they settle themselves on the mat.

Staff will sit with a child and pat/stroke their stomach or back or stroke side of face as requested by parent/carer, this will be for a maximum of 40minutes to avoid distress to the child.

Staff attend annual safeguarding training and appropriate methods or comfort is regularly reviewed.

If a child settles themselves’ than a member of staff will sit close to the child.

Where appropriate soothing music may be played.

The nursery will not allow a child to consume milk from a bottle as a soother for settling to sleep. 4

**REST TIME**

During the period of 12.30pm-2.30pm the nursery has a ‘quiet time’. This allows children to have a rest time or engage in activities which require less physical input after their midday meal. Staff will provide circle time groups, literacy activities such as story time, story CDs, and puppet/role play time. Small group time games like lotto, memory games.

The nursery has a ‘cosy corner’ area for children to have periods or rest when they require.

Most children by the age of 3-5yrs tend not to have an afternoon sleep, however if your child requires a sleep then staff will arrange for the child to sleep with the other children, in the same way as listed above, with a comforter/soother/soft toy, helping them to fall asleep by patting or stroking their back for a maximum of 40 minutes to avoid distress to the child if they are not falling asleep.

Nursery staff will discuss with the parent/carer the child’s sleep / rest routine and how this falls within the nursery day. There may need some adaption to sleep times to ensure suitable staffing can accommodate individual needs and that there are safe areas to sleep

Nursery staff strive to provide as many learning opportunities as possible, therefore staff will discuss with the parent/carer the balance between rest and play time whilst attending the nursery session.