

## Sleep

At Little Learners Nursery and Preschool, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of children sleep time is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, they should be turned 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. We encourage independence and children feeding themselves but this is closely monitored by staff in the room and bottle removed immediately after the child has finished
- Babies/toddlers are monitored visually when sleeping. Checks that the child is breathing are recorded every 10 minutes and sleeping children are never left in a separate sleep room without staff supervision at all times
- When monitoring babies/toddlers, the staff member looks for the rise and fall of the chest and if the sleep position has changed
- As good practice we monitor babies under six months, or a baby new to the nursery, sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations. Mattress covers are used in conjunction with a clean fitted sheet
- Not using pillows, cushions or cluttering sleep areas with soft toys
- Providing comforters where required
- Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding daily
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to provide us with information on their child's sleeping routine 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 parents to sign to say they have requested we adopt a different position or routine.



We recognise parents' knowledge of their child with regard to sleep routines and will, where possible, work in partnership with parents 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. They will also not usually wake children from their sleep.

Staff will discuss any changes in sleep routines with parents at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

### **Sleeping twins**

We follow the advice from The Lullaby Trust regarding sleeping twins.

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

This policy meets the requirements of the Statutory Framework for the EYFS 1<sup>st</sup> September 2021.

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|-----------------------------------|---------------------------------|-------------|--------------------------------------|
| Date policy last reviewed/updated | 26 <sup>th</sup> September 2022 | Reviewed by | Julia Ward, Head of Support Services |
| Date of next review/update        | September 2023                  |             |                                      |

