



## Sleep Policy

### Purpose

Hopscotch identifies the importance offering children a quiet area to relax and sleep during the day whilst working in accordance with health and medical advice including the FSID (Foundation for the Study of Infant Deaths).

### Under two's room:

- A cot room is provided for the younger children where CCTV and a baby monitor are installed.
- All cots used for babies are in good repair with no loose or missing parts, they are free of lead paint and have slats that meet current safety standards.
- Cots are made up with appropriate bedding which avoids pillows, soft bedding (cushioned blankets, duvets and cuddly toys – unless from home and used as comforter)
- Bedding is provided and washed in accordance to the child's attendance
- Cots will be kept clear of blind cords if near a window and no items will be hung from cots (drawstring bags etc).
- All under two's children are put down to sleep on their back, never on their tummies. Once the child is old enough to roll over independently, staff will not need to re position them should they roll onto their fronts to sleep (although they should initially be put down on their back).
- The under-two's children are placed in the cot "feet to foot" (feet should be near the foot of the cot).
- Covers are lightweight and are never put above the child's shoulders, the sides of the covers will be tucked under the sides of the mattress to avoid the child becoming tangled.
- The temperature of the sleep room must be kept moderate (in a range of 16 – 20 degrees is acceptable) temperature charts will be filled in three times a day.
- Physical checks on sleeping children are carried out every ten minutes by staff and these are recorded on a sleep chart (staff checking children must have completed their induction, passed their key skills in all areas and hold a current DBS check).
- Comforters from home are allowed during sleep times following parents filling out an "all about me" form during the settling in period.
- Bibs and loose clothing must be removed before a child is put down to sleep, this includes hair accessories and teething necklaces.
- We do not recommend beakers or bottles when a child settles down for a sleep, however we can discuss individual needs with the parent.
- Parents need to fill in a permission form if they wish for their child to sleep in a rocker chair.
- The older children in the room will have the option to sleep on a specialised mattress, these children will have a member of staff to sit with them until asleep, after this the same physical checks will be carried out.
- Children waking up should be comforted before playing.
- Sleep times should be recorded in the daily record sheet for parents.
- Baby swings should not be used for sleeping for periods longer than 20 minutes.
- Children must not sleep on sofas.

### Over two years

- In the Toddler and Pre-school age group, a part of the room will be shut down to provide a safe environment for the children who sleep. This is usually after lunchtime.
- If the sleep room is allocated in a different part of the building, then a member of staff will always need to supervise.
- If the sleep room is within the home rooms a member of staff will sit with the children until they are all asleep after which the children will then be checked every ten minutes, and this will be recorded on the day sheet.
- There will be a cosy/ quiet area in each room with cushions for children to rest should they become tired or need some quiet time throughout the day.

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