



Purpose

At Hopscotch Day Nurseries 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 babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

No child or baby will be admitted into nursery asleep, all children who arrive at nursery asleep will need to be woken up by the parent/carer prior to the caring responsibility being handed over to the setting.

- Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
- Babies and toddlers are never put down to sleep with a bottle/beaker to self-feed, no loose clothing, bibs, necklaces of any kind, teething beads, hair accessories.
- Babies and children are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Checks are recorded every 10 minutes and as good practice we monitor babies under six months or a new baby sleeping during the first few weeks of settling into nursery every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families
- Babies and children are spaced to sleep in a safe space often in a cot room which is monitored with CCTV and baby monitors. A staff member will complete regular in person sleep rise and fall checks in line with our policy

We provide a safe sleeping environment by:

- Monitoring the room temperature (in a range of 16 – 20 degrees is acceptable) and ensure that the room is well ventilated, room temperatures will be recorded (three times during the day) and enhanced measure will be put in place if required for example staff member present in the room and closely monitoring children, children sleeping in the garden under shade, limit the number of children sleeping in one area at the same time
- Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations and in good repair
- Using a firm and flat waterproof mattress in conjunction with a clean fitted sheet
- Enabling babies and children to sleep outdoors, where appropriate and with parent permission
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby and child is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
- Cleaning all bedding as required and at least weekly
- Ensure Baby sleeping bags are age appropriate (not overly large or too small) and a suitable Tog for the weather. In hot weather refrain from using them .
- Transferring any baby or child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a No smoking/vaping policy.
- Sleep chart to be positioned on the external door of the sleep area recording who is a sleep and sleep checks



Sleep Policy

We ask parents to complete forms on 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 or in a sling, 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 such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parent knowledge of their child with regard 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. If a child has not been able to be settled to sleep after 20 minutes the practitioner shall stop attempts and try again half an hour later. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

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

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at: <http://www.lullabytrust.org.uk>

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