

SLEEP AND REST TIME POLICY

Policy Statement

We aim to ensure that children have enough rest/sleep, we promote best practice for all children and provide a safe environment. We have adopted a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death Syndrome. The babies' safety is paramount and we work in partnership with parents to ensure this.

Children over one are:

- put on their backs to sleep
- placed on a sleep mat or in a pushchair which is flat
- put in sleep rooms kept well ventilated and not too hot or outside in shaded areas
- given a comforter if needed
- not left with a bottle unattended on a sleep mat
- not left to cry
- supported to sleep by an adult
- not woken before 60 minutes sleep

Procedure

Children's individual sleep patterns/routines are recorded when they start at "Little Cherry" nursery.

The child's Key Worker will work closely with parents/carers to provide the best care for the children. We will explain our Sleep and Rest Policy to the parents to ensure they understand how we place the children to sleep.

All staff will be aware of each child's individual needs and how they like to be put to sleep.

Before the child is placed down to sleep, staff will ensure the following:

- the child is wearing a clean nappy
- outer clothing is removed if inside or wrapped up warm if outside
- the child has been fed or has had a drink
- bibs are removed
- the child has their comforter if needed
- the room is not too warm and the environment is peaceful and relaxing

Daytime Rest Policy and Procedure

Staff will prepare the child for bedtime by moving to a quieter area, reading a story and giving the child a cuddle. Some babies/children like to be patted off to sleep, so staff will sit next to the bed on the floor if the child is on a sleep mat.

If the child has not gone to sleep after 15 minutes then staff may consider letting the baby/child get up and then try them for a sleep later on. This will need to be discussed with the parent/carer from the start along with the length of time a child/baby is left to sleep. If a baby/child falls asleep in the arms of a staff member, they should be placed on a sleep mat as soon as possible.

Clothing should be loosened if it cannot be removed and other staff members need to be aware that the baby will need his or her nappy changing on waking up. No babies will be left to sleep in bouncy chairs or car seats; this is on Health and Safety grounds and is our policy and good practice.

Older children also need sleep and rest periods in order to help development. As all children are individuals who develop at different rates, we must ensure we meet their needs throughout the day. As they grow, their routine will change as will their need for sleep during the day. All children will be given the opportunity to rest or sleep in a quiet area. Here they can cuddle up with a book, listen to music or just relax.

Sleep Monitoring

Children will be placed on a sleep mat in the Sleep Room.

The key person (or designated staff member) will check the sleep room every 15 minutes to ensure all children are safe and comfortable. Each check will be recorded on a special sleep-check record, where staff tick and sign to confirm the time of each observation.

In addition, the sleeping area is equipped with a camera, which provides continuous recording. The key person monitors the live camera feed regularly to ensure the children remain safe and comfortable while they sleep.

Checking a child whilst sleeping will involve:

- ensuring they are not too hot or cold
- placing a gentle hand on the child's chest to check they are breathing or putting the back of their hand near the child's mouth to feel for breath
- ensuring the child is not tangled in the sheet/blanket.

Parents are welcome to bring in a sleep bag for their child, which they can leave in Nursery. Parents will be responsible for the laundering of the sleep bag

- sleep mats are washed daily.

Partnership with Parents/Carers

Detailed information sharing and smooth communication between the key person and the

child's family is essential. Building a trusting relationship so close attachments can form will ensure parents/carers and practitioners openly discuss the child's sleep, any changes in routine and provide consistency of care. A child's sleep routine then remains individual and personalised.

Many parents/carers believe that children should not sleep near to being collected, especially in the evening for fear that the child's sleep pattern at night will be disrupted. This can be a conflicting issue between parents/carers and the child's key person with parents/carers often requesting their child is kept awake after a certain time period. While we take these concerns into account, we will always put the needs of the child first and work with parents to find the best solution, as a child cannot be woken up before they are ready.

Therefore, having an open, trusting relationship where discussions remain informal and valued and parents/carers feel secure that the child's key person has the child's best interests at heart, will assist with the individual development of the child. The child's sleep or rest routine will be discussed between key person and parent/carer during the child's home visit and continue through their time at "Little Cherry" nursery, as the child's routine changes.

Practitioners at "Little Cherry" nursery are confident and knowledgeable regarding our safe sleep policy, which adopts the procedure that, "Children are allowed to sleep to their own individual routine anytime during the day." The child's key person will feedback appropriately to parents/carers the importance of rest and sleep periods when attending.