

## Sleep and Rest Policy

At **Little Pearls Nursery** 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 to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep
- Babies/toddlers are never put down to sleep with a bottle to self-feed. If children have a bottle to settle them this is always supervised by a practitioner.
- Babies/toddlers are monitored visually and audibly when sleeping. Checks are recorded every 10 minutes for children in the cot room and the sleep monitor must be on at all times whilst the cot room is in use.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed. We also regularly check the consciousness of a child in their sleep by touching their hand or face lightly to make sure they are responsive.

We provide a safe sleeping environment by:

- Monitoring the room temperature and regulating this with our air conditioning and heating system. The ideal room temperature for toddlers to sleep in is 18°C to 22°C. Whereas an ideal room temperature for a baby is 20°C to 22°C.
- Having a sleep chart to ensure children are put to sleep safely e.g. no hair clips are left on and cot sides have been put up.
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating. Each child has a sleep bag which their cot sheets and blankets are stored in – these are refreshed regularly.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will 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/toddler is provided with clean bedding on a weekly/ bi-weekly basis depending on how many days they attend nursery.
- 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 provide a positive sleeping environment by:

- Providing a separate sleep room for our youngest children to sleep undisturbed by older children and background noise from the main rooms – this is decided upon in partnership with the parents of where their child might sleep best.
- Playing gentle music to help the children drift into sleep. We can also provide gentle lighting or white noise to help children sleep – this is also in partnership with parents to meet children's individual needs.
- Background noise is kept to a minimum whilst children are sleeping in the main room where possible to respect the need for good rest in a child's day.

We ask parents to tell us about their child's sleep routine when the child starts at nursery, and these are reviewed and updated termly. 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 ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies' form. We don't allow for children to have long naps where their movements are then restricted for their own healthy development unless there is a specific reason previously discussed with the parents e.g. pushchairs. Where possible we will always try to transfer children from pushchairs to a bed unless it is not in the child's best interests.

We recognise parents' knowledge of their child with regards 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 their will – the child's individual needs will always come first. If a sleep routine is drastically changed for any reason we will let the parents know e.g. if a child falls asleep very late in the day.

Staff will discuss any changes in sleep routines at the end of the day and share observations with parents to discuss what sleep routines might be in the child's best interests.

### **Sleeping twins**

We follow the advice from The Foundation for the Study of Infant Deaths (FSID) regarding sleeping twins and will not put them together in the same cot to sleep – unless this has been specifically agreed with the parents following their home routine.