



Little Monkeys Day Nursery & Pre School

Sleep Policy & Procedure

EYFS: 3.59

At Little Monkeys Day 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. We adopt a policy of practice recommended by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- If children roll onto their fronts to sleep their face must NOT be face down and must be clear of any clothing, blankets and comforters.
- Babies/toddlers will never be put down to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually when sleeping, checks are recorded every 10 minutes and babies will never be left in a separate sleep room without staff supervision at all times
- Staff will take any thick clothing off when sleeping so children do not overheat
- Bibs and neckerchiefs will be removed
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed
- A change in sleeping positions will be documented on the safe sleep chart and initialled by the staff member
- We will increase the monitoring of a sleeping baby to every 5 minutes during the first six weeks the baby/toddler is in our nursery until we are familiar with the child and their sleeping routines, to offer reassurance to them and their families.

We provide a safe sleeping environment by:

- Monitoring the room temperatures
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only having safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, and mattress covers are

used in conjunction with a clean fitted sheet

- 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 each baby/toddler is provided with clean bedding
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.

Routine sheets are filled out with the parent and key person when they are settling into the nursery and this is updated at timely periods to review. If a baby has an unusual sleeping routine or position that we would 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 a form to say they have requested we carry out a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child in 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 his or her will. They will also not usually wake children from their sleep.

Staff will discuss any changes in sleep routines 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 and will not put them together in the same cot to sleep.

This policy was adopted on:

September 2018

Signed on behalf of the nursery:

Laura Fradsham (Owner/Manager)

Date for review:

September 2019
