

**Safeguarding and Welfare Requirement: Health**

Providers must have and implement a policy, and procedures for rest and sleep.

**Sleep and Rest 2020-2021 – Nursery only****Aim:**

To ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

**Methods:**

Blackberry Lane Nursery adopts a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

The safety of babies sleeping is paramount in the nursery and we promote good practice and ensure that we work in partnership with the parents.

Babies should sleep:

- On their backs
- At the bottom of a cot
- In a well-ventilated room
- With NO duvets or bumpers to the sides of the cots
- With sheets or blankets that cannot become tangled
- Without any large soft toys that have the potential to smother a baby
- With a comforter if they normally have one, but not a bottle as this is a choking hazard.
- With mobiles that are out of reach

**Procedure:**

Child individual routine sheets are filled out with the parent and key person when they are settling into the nursery. 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 or in a pushchair/pram, we will explain our policy to the parents. The only exception to this would be for medical reasons.

Staff should be aware of individual needs of the babies and children at the nursery. Sleep routines are a very intimate part of a baby's day. Babies should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep.

When getting a baby ready to sleep the staff need to ensure a number of things happen:

- A clean nappy
- Outer clothes removed
- Fed or had a drink
- All bibs removed
- A comforter if needed
- Not too warm

**Daytime Rest Policy and Procedure:**

Staff should prepare the baby for bedtime by moving to a quieter part of the nursery, having a story or having a cuddle.

Some babies like to be patted to go to sleep. The staff need to pull up a chair to the side of the cot so not to strain their back or to sit on the floor while rubbing their tummy.

If the baby has not gone to sleep after 15 minutes the staff member should consider getting them up and maybe trying them later for another sleep.

The key person should discuss this with the parent and establish a time limit for trying to get the baby to sleep which should be communicated to all staff members.

If a baby falls asleep in the arms of a staff member, they should be placed in the cot so they can continue to sleep. If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothes or have their nappy changed, the baby's clothes should be loosened. Staff within the area should be made aware that the baby needs their nappy changing when they wake up.

The cots should be cleaned and maintained. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.

### Older Children:

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout the day at the nursery. As they grow they will usually develop a routine in which reducing the length or the frequency of their daytime sleeps.

Children at Blackberry Lane Nursery have the opportunity to rest or sleep if they need or want to throughout the day. The staff need to create an environment for the children to rest or sleep i.e. a quiet area to cuddle up with a book, cots for younger babies or sleep beds for older children.

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. This is an Ofsted regulation.

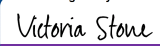
### Sleep monitoring:

All sleeping children must be checked at 10 minute intervals, a timer is used to do this. Staff who are working in the rooms are all responsible for checking the children.

Checking a child while sleeping should involve:

- Placing a hand on their chest to check they are breathing or putting the back of their hand near to the child's mouth to feel for breath
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold
- Ensuring that all sheets or blankets are not wrapped around the child

The white board in the changing area is used to record the checks and is signed by the member of staff carrying out the check. A record of each child's daily sleep pattern is recorded too.

This policy was adopted by	Blackberry Lane Pre-School & Nursery	
On	18 <sup>th</sup> January 2021	
Date to be reviewed	January 2022	
Signed on behalf of the provider		<small>DocuSigned by:</small>  <small>020294570662446</small>
Name of signatory	Mrs D Gibson	Mrs V Stone
Role of signatory (e.g. chair, director or owner)	Manager	Director