



Sleep Policy

All our babies and toddlers have a routine book that is kept in the room, which details key information about the child, including their sleep patterns. During the settling in period staff will discuss with the child's parents or carers their usual sleep routine, including how often they sleep, where they sleep, comforters used and any particular sleep information. Where possible we shall mirror their home life routines. As this changes or is adapted we will discuss with parents along the way.

Our belief is that every child deserves adequate rest and our priority is to follow the needs of the child, even if this differs from the parent's requests. For example a parent might say they only want the child to sleep in a cot and self soothe, we will of course try this and keep trying however if we cannot get the child to settle we will use pushchairs, bed mats or where needed cradle the child to sleep.

We will not refuse any child from sleeping if they need to, all our children throughout the setting are offered a rest daily and if the child chooses to go to sleep we will not stop them. We will work with parents to introduce sleep limits if needed.

Safe Sleeping Guidance

- Each child will have their own bedding, this will be kept in a separate labelled bag and used for the bed that the child is sleeping on.
- Sheets and blankets are washed regularly on a hot wash.
- Each mattress will be checked for damage daily and cleaned after every use using an antibacterial wipe/spray.
- Babies will be encouraged to sleep in a cot, and older children will be encouraged to use a bed mat.
- The sleep routine will be discussed with the parent or carers and a record of their routine will be kept.
- Sleep times for baby and toddlers will be recorded in the room daily diary. For toddler children this information shall be passed verbally to parents and babies a record will also go in their individual daily diary books where possible.
- If a pre-school child sleeps this information shall be passed on verbally.
- If milk is needed before sleep time, where possible babies will be cradled, for older children who may want to hold the bottle/beaker themselves we will always supervise milk drinking and remain close to the child to avoid any choking accidents.
- Comforters shall be offered to those who need them.
- Staff will comfort children to sleep when needed, for example a cuddle or a gentle pat on the back.
- The room shall be well ventilated, windows will be kept on the latch.
- The temperature of the room will be monitored and where possible kept between 18-21 degrees.
- Babies will be placed on their backs with feet at the bottom of the cot.
- Nothing apart from comforters and breathable blankets will be kept in the cots

Safe Sleeping Checks

- Usually someone will remain in the room with the sleeping children.
- Where this is not possible sleep checks shall be carried out every 10 minutes.
- Sleep check times shall be recorded in the room daily diary.
- A timer is used to remind staff of these checks.
- Temperature of cot rooms to be recorded in the room daily diary.