



Sleep

EYFS: 3.59

At **Under the Willow 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 and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are always placed on their backs to sleep. When babies initially start to turn over onto their stomach to sleep, we will gently turn them back onto their backs, 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
- Babies are placed towards the bottom of the bed/cot
- Babies will use either a sleeping sack (provided by parents) or will be covered with a cellular blanket which is tucked in to either side to prevent wrapping
- Babies/toddlers are monitored visually when sleeping, and babies are never left in a separate sleep room without staff supervision at all times. Checks are made and babies & toddlers are physically checked on at least every 10 minutes for breathing. These checks are recorded on a Sleep Chart for recording the time and name of the person carrying out the checks
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed, as well as the colour of the baby, particularly around the lips and fingers
- As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.

We provide a safe sleeping environment by:

- Monitoring the room temperature (we ensure that this remains between 16 and 20 degrees)
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment (i.e. pods or mats) that are compliant with British Standard regulations, with a clean fitted sheet
- All children sleep top and Tail
- Ensuring all beds are an arms length apart.
- Using floor mats and sheets with loose blankets to cover
- Keeping all spaces around mattresses clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding
- Transferring any baby who falls asleep while being nursed/fed by a practitioner to a safe sleeping surface to complete their rest



- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Having a No Smoking Policy

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. 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 not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so, in which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents' knowledge of their child with regard 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.

Further information can be found at: www.lullabytrust.org.uk