

**Sleep Policy**

At **Woven Nursery Enterprise Limited**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 syndrome (SIDS). We make sure that:

* Children are placed on their backs to sleep with their feet to the foot of the cot. We turn them onto their back again unless they are able to roll from back to front and back again on their own, in which case we enable them to find their own position.
* Babies and toddlers are never put down to sleep with a bottle to self-feed.
* Babies and toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
* Checks are carried out every 10 minutes and recorded.
* Babies and children are supervised by at least 1 staff member at all times when sleeping.

We provide a safe sleeping environment by:

* Monitoring the outside temperature and risk assess the children’s safety everyday. Enabling children to sleep outdoors if available to do so.
* Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
* Only using safety-approved cots, beds and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
* Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet in the cots and ventilated low beds for outside sleeping.
* Keeping all spaces around beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
* Ensuring every baby and toddler is provided with clean bedding everyday and working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
* Cleaning all bedding as required and at least 3 monthly reviews on the bedding. This enables us to budget and purchase fresh bedding regularly for hygiene purposes.
* Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
* Transferring a baby/child who is brought into nursery while sleeping to a safe sleeping surface to complete their rest
* Having a No smoking/vaping policy.

We ask parents to complete ‘All About Me’ forms on their child’s sleeping routine and return to 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 or in a sling or permanent use of a pushchair, we will explain our policy to the parents and not usually offer this unless the child’s doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleep waiver form and for a copy of the medical report to support this for the child’s health care plan.

We recognise parent knowledge of their child about 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 unless previously agreed with Management.

Individual sleep routines are followed rather than one set sleep time for all babies and once in a settled routine we find the children gravitate to the usual sleep routine of napping after lunchtime. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable and then transferring them outside. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors on the school site or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children’s behaviour if they do not receive enough sleep.

Further information can be found at: [http://www.lullabytrust.org.uk](http://www.lullabytrust.org.uk/)