



Poppins Day Nursery

Sleeping Policy & Procedure

Our Policy

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. We will provide a comfortable, calming, relaxing and safe environment for our babies and children to sleep in the baby room. We do not sleep children in pushchairs, rockers or car seats. Cots, dream coracles or sleeping beds are provided.

Our Procedure

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 placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping and a member of staff is always with sleeping children. Checks are recorded every 5 minutes on our sleep charts.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed
- 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
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating by removing trousers, additional jumpers and socks.
- Only using 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
- Only letting babies sleep in prams if they lie flat and we have parents' written permission. Should a parent request for their child to sleep in a pushchair we will ask that they sign to give staff permission to allow their child to sleep in their own personal pushchair that lies flat. Parents must understand that this goes against our policy and where possible we will support parents to transition their child to a cot, dream coracle or sleeping bed.
- Not using cot bumpers or cluttering coracles with soft toys, although comforters will be given where required
- Keeping all spaces around coracles and beds 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 by a practitioner to a safe sleeping surface to complete their rest



- Play soothing classical or lullaby music
- Check every child's nappy before they go into their cot or on their beds to sleep
- 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

Policy review

This policy will be reviewed annually or when an incident occurs or if there are new local or national policies and procedures. The review process will be led by the Manager and the DSL and include all those working in the setting.