

Title: Safe Sleep and Rest Policy Feb 2024

We always aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. The safety of children when sleeping is paramount. Our policy follows the advice provided by the Lullaby Trust to minimise the risks during sleep and rest.

We make sure that:

- Toddlers are placed on their backs to sleep, and if rolled onto their tummy, monitored carefully, unless there is a developmental reason why they need to be placed back into the prior position by staff.
- Toddlers are never put down to sleep with a bottle to self-feed
- Toddlers are monitored visually when sleeping. Children are not left unsupervised during sleep and rest and will remain in statutory ratios.
- 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 new toddlers sleeping during the first few sessions closely 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 children are appropriately dressed for sleep to avoid overheating
- Only using safe and suitable sleeping equipment (i.e.mats) that are compliant with British Standard regulations.
- Keeping all spaces around sleep spaces clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every toddler is provided with clean bedding
- Transferring any toddler who falls asleep while with a practitioner to a safe sleeping surface to complete their rest.
- Having a no-smoking policy in compliance with the whole-school policy.

We ask parents to share information 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 child has an unusual sleeping routine or a position that we do not use in the nursery, we will explain our policy to the parents and not usually offer this unless the 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, procedure or pattern.

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 unless necessary to do so.

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.

Most older preschool children tend to follow the nursery routine, however a child may go to sleep at their own convenience in the quiet corner or sleep space and we shall make sure they are supervised. As a part of the daily routine for children, we schedule a nap or sleep time approximately 30 minutes after lunchtime for our 2YO pupils that require this. A calm, darkened environment is provided for the children with relaxing music to help the children drift off to sleep. Each child is provided with their own specific sheet and pillow. Bedding is regularly unless the need arises at an earlier point in the week. Toddlers and preschool children will not be left unattended during their sleep time. Staff will check the child's sleep position, breathing, colour and temperature. Only one child will be on a bed at a time unless children are being evacuated in an emergency or during a fire drill.