

Leasowe Nursery School and Family Centre

Sleep Policy

At our centre, we recognise the importance of providing a quiet area for rest and relaxation away from active play. Our area is called 'Snuggle pod' and is based to the far side of our 'Baby pod'. Our ethos is that sleep and rest are as important as food and drink for the healthy growth and well-being of young children.

Aim of the policy:

Our procedures for sleep arrangements follow recent guidance from the lullaby trust, 'Safer sleep for babies' (March 2016). Staff follow clear routines to ensure sleeping children's safety and comfort at all times.

Sleep Procedures:

- Staff, in partnership with parents, will meet the individual sleep patterns of the children taking into account their established routines at home. We do this via asking parents/carers to complete an 'all about me' form during the settling in sessions as well as having an informal discussion with parents regarding their wishes.
- There are no set sleep times for any child/children. The setting always acts in the best interests of the children and they are allowed to sleep when they need to.
- The 'snuggle pod' is a quiet calm area with a range of cots, mats and cosy nests. Main lights are switched off and soft fairy lights are put on along with soft calming music on low in the background.
- A thermometer will be in the sleep room. The ideal temperature will be maintained between 65-68 degrees fahrenheit. Practitioners can alter the temperature accordingly by opening/closing windows, adjusting the radiators, using the wall fans, using the fan heater and opening the doors to the decked area.
- A timer and a baby monitor will be in the sleep room. The staff will regularly check sleeping children leaving no more than 10 minutes between each check.
- Children are always supervised in the sleep area until they have gone to sleep
- The sleep record is completed for each child. This includes: the child's name; the time; the room temperature; the total number of children in the sleep room; and the staff signature together with any action to be taken.
- Shoes and bibs are always removed and a small blanket is given. Blankets are placed low down on a child's body so that they are not over their face or head whilst sleeping.

- All babies and toddlers **up to the age of 2 years will sleep in a cot** – prams will not be used unless specifically requested by parents. A transition plan will then be put in place to encourage the child to sleep/rest in a cot.
- All babies are put to sleep in cots are placed on their backs in the 'feet to foot' position in line with current guidance, i.e. feet at the bottom of the cot. The cot sides are raised up.
- Whilst we do not advise for or against swaddling, staff must establish home routines with parents/carers. If the parents/carers incorporate swaddling as part of their routine at home, we too can maintain this at nursery. Staff must ensure that they follow the advice as given by the lullaby trust:
 - use thin materials
 - do not swaddle above the shoulders
 - never put a swaddled baby to sleep on their front
 - do not swaddle too tight
 - check the baby's temperature to ensure they do not get too hot
- Staff will ensure that if children sleep in a pram they are securely strapped in, the pram is in the lie back position and the pram should be facing towards the main room where the child is clearly visible through the window. Again, working with parents/carers a transition plan will be put in place to encourage the child to sleep/rest in a cot.
- Children over the **age of 2 years** may choose to sleep / rest on a sleep mat or 'cosy nest'.
- We encourage toilet trained children to use the bathroom before and after sleep/rest.
- Any cot in the sleep room may be used as an evacuation cot in case of emergency.
- **Children are offered a drink upon waking up and an adult will sit in a quiet place until they appear fully awake and are willing to join in with the activities.**
- Cot sheets and blankets are removed and changed after each use.