

Sleep and Rest Policy

At Little Oaks Nursery, we understand that rest and sleep are as important for babies and children as food and drink. We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Information will be gathered from parents/carers about their child's individual sleep routines and these will be followed as much as possible. This will include the child having access to comforters and preferred sleeping positions. Practitioners are encouraged to learn each individual child's signs of tiredness through observations. This will be gathered from the information provided by parents/carers and observations of the child's behaviour.

Children will not be forced to sleep if they do not wish to and likewise will not be forced to stay awake if they are exhausted. If children choose not to sleep, they will be encouraged to have a quiet time after lunch when other children are sleeping.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society to minimise the risk of Sudden Infant Death. We ensure 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 monitored visually when sleeping. Checks are recorded every 10 minutes and babies are never left in a separate sleep room without staff supervision at all times.
- Staff will undertake Safe Sleep training.
- 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 throughout the day to ensure there is a comfortable temperature of around 65°F/19°C.
- Using clean, light bedding/blankets and ensuring babies/children 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, and mattress covers are used in conjunction with a clean fitted sheet
- Babies/Children will be encouraged where possible to sleep in cots or on sleep mats rather than in pushchairs or prams unless requested by parents. This is to allow children maximum growing room and to prevent any spinal problems occurring in young babies.
- Sleep mats will be placed at least 30cm apart.
- Babies/Children are provided with their own sheets and blankets, which we provide. These are placed in containers with the child's name to reduce the risk of cross infection. All sheets and blankets are washed at the end of the child's week or as and when needed.
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Sleeping children are regularly checked and there is always a member of staff supervising sleeping children.

- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Children and babies will not be provided with food or drinks whilst laying down. Any food or drinks will be provided to children while they are upright and under supervision of a Practitioner.
- Ensuring any clothing with hoods or zips are removed before a child settles down to sleep. Extra blankets will be provided if required. Warm jumpers/ hoodies will be removed to avoid overheating.
- Hair bobbles, clips etc should be removed.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.
- The only time children sleep outside is if babies fall asleep in their buggies whilst having a walk around. The babies are securely harnessed in their buggies and the seat is laid down flat. The child will be brought inside with the rest of the group on their return.

Sleep Caps:

Ofsted state:

Parental wishes should be taken into consideration, although staff cannot force a child to sleep, wake or keep a child awake against his or her will. It is important to note that Ofsted regulation states that it is an Early Years Foundation Stage requirement to respect parental wishes, but practitioners will make decisions based on best practice.

We will follow parental wishes to cap sleep allowance as long as it is in the best interest of the child and not detrimental to their development or behaviour for the remainder of their session. Sleep will be discussed with parents and carers and a plan will be made, we aim to follow home routines as much as possible, recognising that this changes as a child gets older.