

## **Safeguarding and Welfare Requirement: Safety and Suitability of Premises, Environment and Equipment**

Providers must take reasonable steps to ensure the safety of children, staff and others on the premises.

### **Health**

The provider must promote the good health of children attending the setting.

## **Sleeping Children**



### **Policy Statement**

We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different, so we provide flexibility and opportunities for children to take naps and rest as they need. The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be an incredibly important part of their personal and developmental needs.

A settling in form is filled out by the parent/carer when their child starts settling into the nursery and parents are to update us as and when changes occur. We recognise parent/ carers' knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.

### **Rest areas**

Within each class and playroom there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax. The Baby room has mattresses available in their play room in case any babies feel tired during morning activities, as well as a separate cot room situated away from noise and other distractions. Each child has their own bedding which is stored in separate named bags when not in use and then washed at the end of their sessions for each week.

### **Parents' wishes**

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the baby room, to ensure each child's individual needs are carefully met. Younger babies usually need both morning and afternoon sleeps, but these depend upon parents' wishes. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night-time sleep and this will be considered PROVIDED it is also clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

### **Comforters and comfort blankets**

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. PLEASE LABEL THEM. Parents may wish to provide dummies for their children for they too can provide comfort during rest and sleep times however the nursery does not provide, supply or ever introduce them to children themselves. Dummies are usually restricted to sleep and rest times. They are not encouraged in

the playrooms for they can cause problems with a child's speech, interaction with others and are a major cause of speech delay.

### **Staff**

Staff are fully aware of the fact that children need to rest and sleep. Staff appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day. Quiet areas in the rooms are available all day and children can take a rest when they want. Staff will not force a child to sleep or keep them awake against his or her will. 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.

### **Sleep records**

In the Baby, Toddlers' and Preschool rooms; Sleep Records are completed each day so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed regarding their child's sleep/rest both verbally and through their Daily Diary (Baby Room only).

### **Sudden infant death syndrome [SIDS or cot death]**

The safety of babies' sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimize the risk of Sudden Infant Death. This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- Babies/toddlers will never be put down to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually at regular intervals when sleeping and babies, when in the cot room this will be recorded on the chart and checks will take place at least every 15 minutes.
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed

We provide a safe sleeping environment by:

- Monitoring the room temperatures (thermometers displayed in each room)
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. pods or mats) that are compliant with British Standard regulations, with a clean fitted sheet
- Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Cots or prams are never left in direct sunlight or next to radiators
- Ensuring each child is provided with clean bedding

- Should a baby fall asleep while being bottle fed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.

**Babies** have a separate Cot Room in addition to the mattresses in their room. Staff supervise children when they are sleeping, including using a video monitor, and regular checks. When babies fall asleep in a pram during garden time or a local trip in accordance with parental permission, they will be physically checked every ten minutes. If a baby does fall asleep in a pram then it will be adjusted to the flattest position possible and staff will ensure the straps are not restricting the child's airways/breathing.

**Toddlers** sleep in their room, on individually labelled, stackable and perforated beds or mattresses. Toddlers tend to nap after lunch however quiet rest areas where large cushions are available ensure they can have a rest whenever they desire. Each toddler has their own bed and bedding which is stored in separate named bags when not in use. Their individual nap times are observed, as in babies, and they settle down whenever they need to. Familiar staff and key carers settle the toddlers down for their naps and quiet classical music is played for them or a story is read. A practitioner remains either in the room or within earshot at all times when children are sleeping. Toddlers who do not need [or whose parents do not wish them to] take a nap after lunch enjoy 'Quiet Time' when they lie down, rest and listen to music, listen to a story or watch an educational DVD or other suitable learning material.

**Preschool** children enjoy 'Quiet Time' for around thirty minutes after lunch. They sit or lie down and rest, listening to music, a story or watching an educational video or other calm activity. Children who still need a good daytime nap will remain in the preschool room in a quitter area to ensure they get the sleep they need.

This policy was adopted by

Ladybirds Day Nursery

On

19/02/2020

Date to be reviewed

19/02/2021

Signed on behalf of the provider

Name of signatory

Janine Lissack

Role of signatory

Owner