



Sleep and Rest policy

Aim

To ensure all children have enough sleep for them to develop and to promote best practice in a safe environment.

Methods

Welbourne Academy Nursery adopts a policy of practice recommended by The Cot Death Society to minimise the risk of sudden infant death syndrome. (SIDS) It also follows the Statutory Framework and up to date government guidance around safe sleep for infants and children.

'Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots/bedding are in good condition and suited to the age of the child, and that infants are placed down to sleep safely in line with latest government safety guidance' – Statutory Framework 2021

Children under 12 months should sleep:

- On their backs
- At the bottom of the cot
- In a well ventilated room
- With NO duvets or bumpers to the sides of the cots
- With sheets or blankets that cannot become tangled
- Sheets and blankets to be firmly tucked in under the babies arms, no higher than the shoulders.
- Without any large soft toys that have the potential to smother a baby
- With a comforter if they normally have one e.g. dummy
- Any cot mobiles or other hanging toys, to be out of reach and a safe distance from the sleeping children
- In cots only. No mats, baby nests, wedges or bedding rolls.
- Without pillows.
- In a room that is well ventilated and preferably 16-20c.
- With bottles and hair clips removed, along with any other choking hazard.

Procedure

Child individual care plans are filled out with the parent and key practitioner, when they are settling into the nursery. If a baby under 12 months has a sleeping routine or position that we would not use in the nursery i.e. babies sleeping on their tummies or on a sleeping mat, we will explain our policy to the parents and ask them to sign their care plan to say they have requested we carry out a different position or pattern.

Staff should be aware of individual needs of the babies and children at the nursery. Sleep routines are a very intimate part of a baby's day. Babies should not be left to cry themselves to sleep or be left for long periods of time to "drop" off to sleep. If parents wish to follow a 'self sooth' method for sleep, then this will be highlighted on the child's care plan.

When getting a baby (under 12 months) ready to sleep the staff need to ensure that a number of things happen:

- A clean nappy
- Outer clothes removed
- Fed or had a drink
- All bibs removed
- A comforter if needed
- Not too warm
- No hooded clothing.
- No bottle in cot unsupervised due to choking hazard

Daytime Rest Policy and Procedure

Some babies like to be patted to go to sleep. The staff need to be mindful of their own health and safety so as not to strain their back, whilst rubbing their tummies.

If the baby has not gone to sleep after 15 minutes the staff member should consider getting them up and maybe trying them later for another sleep. A practitioner should discuss this with the parent and establish a time limit for trying to get the baby to sleep which should be communicated to all staff members and be documented on the individual care plan.

If a baby or child falls asleep in the arms of a staff member they should be placed in a cot, mat or bean bag- so they can continue to sleep. (No mat for under 12 months). If they have fallen asleep unexpectedly and it has not been possible to remove their outer clothing or have their nappy changed, the child clothes should be loosened. Staff within the area should be made aware that the child needs their nappy changing when they wake up.

The cots should be cleaned and maintained. Screws and bolts should be tightened periodically to ensure that the cot is safe and secure.

Older Children

Children need sleep and rest periods to help development. Children all develop at different rates and we must meet their needs throughout their day at nursery. As they grow they will usually develop a routine, in which reducing the length or the frequency of their daytime sleeps. However, staff will adapt to the child's needs if the routine is not working for the individual child that day.

Children have the opportunity to rest or sleep if they need or want to throughout the day. The staff will create an environment for the children to rest or sleep. i.e. a quiet area to cuddle up with a book, cots for babies and sleep mats for children.

Parental wishes should always be taken into consideration, although staff cannot force a child to sleep, or keep a child awake against his or her will. **This is an Ofsted regulation.** Parents will be called or emailed to be informed if their child has fallen asleep against the parents wishes. This includes if the child is struggling to awake at their desired time.

"Babies spend more than half of their time sleeping because this is a period of substantial growth. Sleep allows the brain to develop, building networks and engaging in activity that facilitates thinking and learning as well as the formation of behaviour. Sleep and nutrition also allow a baby to develop physically, growing bigger and acquiring better motor skills" -

[How Much Sleep Do Babies and Kids Need? | Sleep Foundation](#)

Sleep monitoring

All sleeping children must be checked at 10 minute intervals. Staff who are working in the rooms are all responsible for checking the children. A sleep monitoring chart is used to record the checks and is signed by the member of staff carrying out the check. A record of each child's daily sleep pattern is recorded too.

Checking a child while sleeping should involve:

- Looking at child's chest for movement
- Ensuring that each child is well
- Ensuring that each child is not too hot or too cold by feeling their stomach of their body temperature- if so then an item of clothing or sheet should be removed.
- Ensuring that all sheets or blankets are not wrapped around the child

The safety of babies sleeping is paramount. We promote best practice following guidelines, whilst also working in partnership with the parents where possible.

This policy was reviewed at a meeting of the Welbourne Academy Nursery Management Group

Held on 12.10.23

Signed on behalf of the nursery T.Page