



# **NURSERY**

## **SLEEP POLICY**

<b>Person responsible:</b>	<b>Lisa Taylor</b>
<b>Date approved by governing body:</b>	<b>Nov 2019</b>
<b>Review cycle:</b>	<b>Every 2 years</b>
<b>Date of policy review:</b>	<b>Oct 2021</b>

## **NURSERY SLEEP POLICY**

At St Rose's nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

We provide a safe sleeping environment by:

- Monitoring the room temperatures
- Using clean light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Only having safety approved sleeping equipment, i.e. sleep mats that are compliant with British Standard regulations.
- Keeping all spaces around sleep mats clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring each child is provided with clean bedding
- Should a child fall asleep in an inappropriate place i.e. beanbags/pushchair they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.

## **PROCEDURES**

- Care and Learning Plans (Appendix A) are completed by parents/carers during a child's settling in sessions.
- We recognise parents' knowledge of their child in regards 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.
- The temperature of the sleep room/area will be regularly monitored; children should not get too hot or cold and clothing should be adjusted accordingly. The ideal room temperature for a child is 16-20°C.
- Children will never be put down to sleep with a bottle or beaker to self-feed.
- Staff will be aware of the individual needs of children. Where possible the child's key person or buddy key person will be available to settle them to sleep.

- Staff should ensure when getting a child ready for sleep that the child has:
  - Been fed or had a drink
  - Visited the bathroom/clean nappy
  - Had shoes and outer/bulky clothes removed if necessary
  - A comforter if needed which should not have cords or attaching mechanisms that might be a strangulation risk
  - Is not too warm.
- Sleep time should be in a quieter part of the nursery room.
- Children sleeping on sleep mats will be placed in the opposite direction to the child sleeping next to them (head to feet).
- Some children like to be patted to go to sleep. Staff should sit on the floor while gently rubbing the child's tummy or back.
- If a child has not gone to sleep after 15 minutes staff should consider getting them up and maybe trying them later for another sleep. The key person/buddy should discuss this with the parent and establish a time limit for trying to get the child to sleep which should be communicated to other staff in the room.
- When all children in the room are sleeping on mats, it is acceptable to have one member of staff with the children (to allow lunches to take place); safeguarding policies and procedures must be considered at all times e.g. is the member of staff within sight and hearing of another member of staff (e.g. vision panels, adjoining room). There must always be enough staff on site to aid with evacuation if required.
- Ratios must be maintained at all times in response to the number of children awake.
- Children will be monitored visually when sleeping, checks are recorded every 10 minutes (Appendix B)

When monitoring the staff will check:

- The rise and fall of the chest
- If the sleep position has changed
- That the child appears well
- That the child is not too hot or too cold
- That all sheets and blankets are not wrapped around the child

**Supporting policies and procedures:**

- SAFEGUARDING CHILDREN AND YOUNG PEOPLE POLICY
- NURSERY STAFFING PROCEDURE

.....*S. Talwar*..... Principal

Date .....*7.11.19*.....

.....*[Signature]*..... Chair of Governors

Date .....*7.11.19*.....

**Appendix A**

## **Care and Learning Plan**

Please complete the Care and Learning Plan in order for us to gather as much information as possible and to help your child settle into nursery.

Child's name \_\_\_\_\_ Date of birth \_\_\_\_\_

Please tell us about any dietary requirements or allergies?

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Does your child have any particular likes or dislikes?

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Does your child need support to use a spoon/fork/knife? Are they able to feed themselves?

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Does your child drink from a beaker or open cup?

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Does your child need a daytime sleep? If so please give details

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Does your child have a favourite comforter/teddy?

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Does your child wear nappies or use the toilet?

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What is your child's favourite activity/toy/game?

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Does your child have a favourite book?

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**Does your child have a favourite song?**

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**Who are the most important people in your child's life?**

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**What are the names of your child's friends/family/pets?**

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**Does your child take part in any activities outside of nursery?**

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**If your child is feeling sad or unhappy, what is the best way to comfort them? What do they like to do?**

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**Other people who care for my child are (please include any other childcare providers)**

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**Special Festivals/Celebrations our family take part in**

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**What languages are predominately spoken at home?**

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**Please list key words that your child uses/understands that would be helpful for nursery staff to use**

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**Do you have any concerns regarding your child's speech?**

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**I do / do not give permission for St Rose's Nursery to contact other childcare providers to share information and to ensure continuity of care.**

**Parent/Carers signature \_\_\_\_\_ Date \_\_\_\_\_**

**Please feel free to write any further information that you feel will help us to meet your child's needs**



