



Sleep Policy for Little Stars Day Nursery.

Change Control

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New or Replacement:	New
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Revision History

Version	Type	Date	History
V1	New	January 2017	New
		January 2018	Reviewed
		January 2019	Reviewed
		January 2020	Updated
		January 2021	Reviewed
		November 2021	Updated
		October 2022	Reviewed

All parents/carers are given an 'all about me' booklet when they attend the settling in session at nursery. This gives practitioners and parents/carers the opportunity to share information on the children's individual routines and their rest/sleep periods. Practitioners will discuss the individual needs and requirements to ensure their home routine is mirrored at nursery where possible. All children are provided with clean, safe and comfortable rest and/or sleep facilities. All rooms have a 'cosy area' for the children to have rest periods as/when they require, opportunities are given to the children to sit quietly, look at or be read books, listen to music

The safety of babies' sleeping is paramount. We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, we will turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they will be left to find their own position.
- Pillows are not used in cots or pushchairs.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping and we use a baby listening monitor linked to the main playroom which is always on in the cot room when babies are in it.
- Checks are recorded on a sleep chart document every 10 minutes. When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.
- Clean, light bedding/blankets are used for each individual and babies are appropriately dressed to avoid overheating.
- Mattresses are checked regularly for any signs of damage.
- The space around the cots and beds are clear from hanging objects, such as, hanging cords, blind cords, drawstring bags.
- Cots are not cluttered with soft toys, although comforters will be given where required, such as dummies and blankets.
- The sleep area is well ventilated, the room temperature is maintained between 16 and 20 degrees. We have thermometers in the rooms to ensure temperatures are monitored.
- If babies are sleeping in pushchairs, they are laid flat and this is based on parent's wishes.
- Cots are not placed by a radiator or window.
- A child will be settled by a practitioner unless parent/carer requests they settle themselves in a cot, if a child is able to settle themselves then a member of staff will be close by to the child.
- Bibs are removed when babies/children are sleeping.

