

ST MARY'S COLLEGE BRIGHT SPARKS & EARLY YEARS DEPARTMENT

SLEEPING CHILD POLICY

Date of Original Policy WLLP – July 2018

Date of Next Review – July 19

Date of Next Review- July 20

Date of Next Review – May 21

Date of Next Review – September 22

Reviewed- March 2023 (SSCP guidance due to SCR in LA)

At Bright Sparks Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and The Lullaby Trust to minimise the risk of Sudden Infant Death.

www.cotdeathsociety.org.uk

And also local government safety guidance

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

We ensure 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 unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position.
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Checks are recorded every 10 minutes and 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.
- Babies/ children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies 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
- Only letting babies sleep in prams if they lie flat and we have parents' written permission

- 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
- Ensuring every baby/toddler is provided with clean bedding which is laundered after each use.
- 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.

We ask parents to complete sheets on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or in a sling. We will explain our policy to the parents and ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies' form. We will notify parents via our parent app of sleep times and for how long the periods of sleep were.

We recognise parents' knowledge of their child with regard 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. They will also not usually wake children from their sleep. However, In the event of a fire drill or alarm the sleeping child must be brought out of the building in a manner suiting their age and with care.

We create an environment that helps to settle children that require a sleep for example dimming the lights, using soft music, where applicable, whilst ensuring that we continue to meet the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with another room/ group of children.

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.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins

Further information can be found at: www.lullabytrust.org.uk

This policy is written in accordance with standard 3.60 of the Statutory Framework for the Early Years Foundation Stage (EYFS) Published March 2021 Effective September 2021