

# Wonderland Day Nursery and Pre-School

# The Old School,

# Gundry lane,

# Bridport

# Dorset

# DT6 3RL

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**Sleep Policy**

At Wonderland Day 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 Lullaby Trust to minimise the risk of sudden infant death syndrome (SIDS). We make sure that:

• Babies are placed on their backs to sleep. If a baby has rolled onto their tummy, we 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 and toddlers are never put down to sleep with a bottle to self-feed

• Babies and 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 in the nursery 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.

• A timer is used in both the nursery and pre-school room that sounds every 10 minutes to audially prompt checks.

• Babies and children are never left to sleep without staff supervision at all times.

We provide a safe sleeping environment by:

• Monitoring the room temperature

• Using clean, light bedding or blankets and ensuring babies are appropriately dressed for sleep to avoid overheating. Fitted sheets are used on cots.

• Only using safety-approved cots and other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations

• Only letting babies sleep in prams if they lie flat and we have permission from the parent.

• Enabling babies to sleep outdoors, where appropriate, fully supervised at all times.

• Not using cot bumpers or cluttering cots with soft toys, although comforters may 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 and toddler is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home

• Cleaning all bedding as required and at least weekly

• 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/vaping policy.

We recognise parent 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.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music/white noise, where applicable. We will maintain 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 other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children’s behaviour if they do not receive enough sleep.

Policy updated July 2023