

Staff at Westside Day Nursery follow these guidelines for when children sleep whilst in the setting.

Procedure:

- Children are allowed sleep/ rest when they are tired and not just at dedicated times of day.
- Children will always be provided with suitable sleeping facilities away from the main play areas. Sofas, beanbags, and buggies are not suitable sleep areas.
- Children are welcome to bring items from home to help comfort them to sleep e.g. teddy, blanket, and soother. Safe Sleep Practices

Safe sleep:

Safe sleep advice gives simple steps for how to sleep your baby to reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death.

The best sleeping position for babies is to always put your baby on their back for every sleep, day and night, as the chance of SIDS is particularly high for babies who are sometimes placed on their front or side. Practitioners when putting a baby in a cot to sleep will put baby on their back, if there are health reasons or parent wishes for baby to be placed in a different position this must be recorded and signed by the parents.

Sleep Practices:

- Children under two years of age have access to a standard cot which will be located away from the main play areas.
- For children under two years of age the staff member will check the sleeping children to ensure a safe sleeping position, they are breathing comfortably, and the facial colour is normal.
- Children over two years of age will have access to a stackable bed, a sleeping mat or a suitable alternative.
- Children will have individual beds/ cot with their own mattress, sheet, and blankets, after the mattress/fold away bed etc has been used it will be cleaned ready for another child to use.
- All Sheets and linen will be laundered after use and recorded on the cleaning schedule if a child attends for more than one session the same bed/sheets etc maybe used again by the same child.
- A log will record who checked the children and the time the child went to sleep and woke up.
- Lighting will be adjustable to ensure a relaxed sleepy environment for the children. Temperatures will be maintained between 16 degree Celsius to 20 degrees Celsius this will be monitored by a wall mounted thermometer to record room temperatures
- Staff will ensure no objects of strangulation or choking hazards are present or near the sleeping area.
- All sleeping practices have been discussed with the local fire officer and comply with fire safety requirements.
- Smoking is strictly forbidden in or around the building.
- No cots adjacent to a heater, curtains, blinds, or anything which is a danger to the child.

Safe procedures for Babies sleeping:

- Babies will always be put on their backs
- Babies' feet will be placed at the foot of the cot
- Babies' clothes are loose and light

- No bibs or bottles in the cot
- No quilts, pillows, or cot bumpers
- Head never covered

History

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This policy has been approved and authorised by:

Author	Approved By	Authorised By	Revision No.	Valid From
Vicky Gray	Vicky Gray	Sarah Russell	5	01/08/2021

This document has been electronically approved; hence it contains no signature(s).