



At Puss 'n' Boots Day Nursery, we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythm 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. 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/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 on a sleep record sheet placed outside the sleep room.

We provide a safe sleeping environment by:

- Monitoring the room temperature and recording this on the sheet.
- 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. mats.) that are compliant with British Standard regulations.
- Only letting babies sleep in prams if they lie flat.
- Not using cot bumpers or cluttering cots with soft toys, although comforters maybe given where required.
- Keeping all spaces around the cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags.
- Ensuring every baby/toddler is provided with clean bedding labelled to them and working in partnership with parents to meet any individual needs for example: if a child prefers to sleep in a sleeping bag we will ask parents/carers 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 policy.

We ask parents to complete daily routine sheets, including their child's sleeping routine with the child's key person during the settling in process 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, like babies sleeping on their tummies or in a sling. We will explain our policy to the parents and not usually offer unless the baby's doctor had advised the parent of a

medical reason to do so in case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

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.

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, using soft music, where applicable whilst ensuring that we continue to play, learn and develop. This may involve taking children outdoors or linking with others rooms/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.

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

The policy was adopted on	Signed on behalf of the nursery	Date for review