

## Sleep and Rest Policy

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### Record of Alterations

Version 1.0      Original

Approved by Chris Sellers

September 2024



## **AIM**

At The Mount 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 children sleeping is paramount, and we promote good practice and ensure that we work in partnership with parents. Our staff have completed sleep training to minimise the risk of Sudden Infant Death Syndrome (SIDS).

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## **OUR PROCEDURES**

### **Babies in Coracles:**

- Are placed on their backs to sleep. If a baby rolls onto their tummy, we turn them onto their back unless they can roll from back to front and back again on their own.
- Are placed at the bottom of the cot.
- Are put down in a well-ventilated room.
- Do not use duvets or bumpers.
- Sleep with sheets or blankets that cannot become tangled.
- Do not sleep with large soft toys that could potentially smother them.
- Can sleep with a comforter if they normally have one.
- Do not have hanging mobiles in their cots.

### **Older Children on Sleep mats:**

- Placed top-to-tail with other sleeping children to prevent the spread of infection.
- In a well-ventilated room.
- With sheets or blankets that cannot become tangled.
- Without large soft toys that have the potential to smother them.
- With a comforter if they normally use one.

When preparing children for sleep, the individual needs of each child should be shared with the relevant staff. Sleep routines are an intimate part of a baby's day, and they should not be left to cry themselves to sleep or for long periods before settling. Staff will ensure that children have:

- A clean nappy.



- Outer clothes, bibs, and shoes removed.
  - Been fed or had a drink.
  - A comforter, if needed.
  - Are not too warm.
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## **MONITORING SLEEP**

Sleeping children must be checked at 10-minute intervals by the staff working in the rooms. Monitoring should include:

- Placing a hand on their chest to check breathing or feeling for breath by the mouth.
- Ensuring the child is well.
- Ensuring the child is not too hot or too cold.
- Ensuring sheets or blankets are not wrapped around the child.

A sleep monitoring chart is used to record checks, signed by the staff member, and monitored by senior staff such as the Nursery Manager or Deputy Manager to ensure accuracy.

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## **DAYTIME REST**

We ask parents to share their child's sleep routine with their key person when the child starts nursery. If a child has an unusual routine, such as sleeping on their tummy, we will explain our policy and may ask for a medical note if the routine is against our usual practice.

We value parental knowledge of their child's sleep routine and will, where possible, accommodate individual needs. However, staff will not force a child to sleep or keep them awake against their will.

A suitable space, away from drafts and noise, will be used for children to sleep. Staff follow each child's routine and preferences, dimming lights or using soft music if needed. Children who do not require sleep will continue their play and learning, and alternative quiet activities or outdoor play may be arranged.

Each child will have individual sheets, which will be washed at least weekly or more frequently as needed to prevent infection.

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## **OLDER CHILDREN**

Children develop at different rates, and their sleep and rest needs will be met accordingly. As they grow, the length and frequency of their daytime sleep will usually reduce. Children at The Mount Nursery are free to rest or sleep when they need to.

Parental preferences are considered, but staff will use common sense based on the needs of the child and the time of day.

