

## 10.9 Policy on Rest and Sleep

### Policy statement

*We aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. Every child's needs are different so we provide flexibility and opportunities for children to take naps and rest as they need. The nursery ensures that ALL children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs. A Unique 'All about me' booklet is filled out by the parent/carer when their child starts settling into the nursery, including information about the sleeping needs.*

*We recognise parent/ carers' knowledge of their child in regard to their sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met.*

### Resting areas - Inside and outside.

Within each room there are quiet carpeted rest areas with soft seating and cushions where children can go if they wish to rest and relax. Staff encourage children when appropriate to use these areas. The 'Raindrop' room has soft mats and a basket of soft pillows and blankets which the children can access at any time. Rainbow children can also rest on the sofa in the 'den' area or they can go through to the 'Raindrop' room. The 'Baby Barn' has cots and soft mats for the babies to sleep on.

Each child and baby has their own bedding which is stored in material bags and kept on designated pegs. Each bag is labelled with the child's name. the number of sleeps are recorded on a laminated sheet and bedding is washed after the 5th use or earlier if required.

Outside, the children have quiet areas where they can rest and relax. In the summer, after lunch time, a sleeping area is set up outside at the top of the woodlands. Hammocks, mats and raised beds are used to provide a safe comfortable sleeping area. Sleepers are always supervised both inside and outside.

### Parents wishes.

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the baby barn, to ensure each child's individual needs are carefully met. Younger babies usually need both morning and afternoon sleeps but these depend upon parents' wishes and the child's daily needs. Some parents prefer their children to only have a short sleep – fearing that it infringes on their night time sleep and this will be taken into account, however we will not force a child to stay awake or wake up from a sleep unless there has been medical advice to do so.

Children will also never be made to sleep.

### **Comforters and comfort blankets.**

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep times. PLEASE LABEL THEM. Parents may wish to provide dummies for their little ones for they too can provide comfort during rest and sleep times, however the nursery does not provide, supply or ever introduce them to children themselves. Dummies are usually restricted to sleep and rest times. They are not encouraged in the play rooms for they can hamper a child's speech, interaction with others and are a major cause of speech delay.

### **Staff**

Staff are fully aware of the fact that children need to rest and sleep. Staff appreciate that children have individual needs and routines which vary as they grow and develop. Children are encouraged to indicate and say when they are tired and need to rest and are also encouraged to take a rest or nap during certain times of the day. Quiet areas in the room and outside are available all day and children can take a rest when they want. Staff will not force a child to sleep or keep them awake against his or her will. 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.

### **Sleep records**

In all rooms and outside, sleep records are completed each day so confirmation is always available regarding the times each child has slept on any given day. Parents are kept informed regarding their child's sleep/rest verbally at the end of the child's day. Management check records periodically to review safety procedures.

Children are always supervised during their sleeping times, both inside and outside. Children are checked every 10 minutes. This is then recorded onto the sleep record (staff initials and time of check for each box).

Checks include -

- Checking child's body temperature by feeling the back of their neck
- Ensuring comforters are not near the child's face or neck
- Ensuring the child is sleeping in a comfortable position
- Ensuring the child's breathing patterns are normal

Children will be checked more regularly if they are unwell or have had a head bump.

## **Sudden Infant Death Syndrome (Cot Death).**

The safety of babies and children's sleeping is paramount. We adopt a policy of practice recommended by The Cot Death Society to minimise the risk of Sudden Infant Death.

This includes:

- Babies are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they can be allowed to adopt whatever position they prefer to sleep
- Babies/toddlers will never be put down to sleep with a bottle to self-feed
- Babies/toddlers will be monitored visually when sleeping and babies will never be left in a separate sleep room without staff supervision at all times
- When monitoring the staff member will look for the rise and fall of the chest, and if the sleep position has changed.

We provide a safe sleeping environment by:

- Monitoring the room temperatures (thermometers displayed in each room)
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Babies will only sleep in Safety approved cots.
- 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
- Cots or prams are never left in direct sunlight or next to radiators
- Ensuring each baby/toddler is provided with clean bedding. This is kept in their individual names, material draw string bag.
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest
- Having a no smoking policy.
- Babies/children do not sleep with hoods on. Hooded jackets or hoods from coats must be removed before the baby/toddler sleeps.
- Babies/toddlers should not sleep with bibs, necklaces (e.g amber necklace) or dummy clips. These should all be removed before the child is asleep or if the child has fallen asleep whilst having a cuddle for example, then it will need to be removed once the baby/toddler has been placed down in their cot or on the mat.

## **Hammocks.**

Hammocks are provided as a safe sleeping place outside. Children must be above 2 years old to sleep in the Hammock.

Hammocks are supervised at all times, and must be secured safely.

Hammocks mustn't be higher than 15cm above the ground once the child is laying in the hammock. Hammocks must be secretly attached to either a tree or fence to ensure the hammock is safe to use.

## **Further guidance**

- The Cot Death Society

This policy was adopted by	Daffodils Outdoor Nursery Ltd	<i>(name of provider)</i>
On	August 2019	<i>(date)</i>
Date to be reviewed	August 2020	<i>(date)</i>
Signed on behalf of the provider	<hr/>	
Name of signatory	<hr/>	
Role of signatory (e.g. chair, director or owner)	<hr/>	