

## Mrs Bonds Village Nursery

### Sleep Policy

#### **Policy Aims**

To ensure the safety of children whilst sleeping at nursery

All parent or carers will be given an 'All About Me' booklet when their children commences at the nursery. Part of the introduction to nursery is to gain knowledge of your child's individual routine and their sleep and rest time periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

#### **Safe Sleeping Guidance**

- The nursery has a 'Sleep Chart' document and children are monitored every 15/20 minutes during their sleep time. This is signed by the member of staff at each interval.
- A member of staff is present at all times when children are sleeping / resting.
- All children's mouths are checked before going to sleep.
- All play rooms are well ventilated, with room's temperatures of 16-22c (recommended guidelines), however this may be higher during the summer months, where fans will be used to try to regulate temperature. There are thermometers in playrooms to ensure temperatures are monitored and this information will be used to report temperature concerns to management
- Children sleep on beds
- Beds are placed in a quiet area of the main hall, so children are always visible to staff
- Children are placed to sleep on their back with their feet towards the bottom of the bed, unless specifically request by parent or carer of a different position documented on commencement of the nursery.
- Light bedcovers may be used if appropriate
- Each child has a named set of bedding that is used for their sleep times, these are washed regularly

#### **Safe Sleeping Checks**

Whilst Sleeping

- Staff will check the sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet/blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure they are not hot or cold
- Sleep Check charts are filled out by staff each day for the duration of the children's sleeps

#### **Settling Sleepers**

The child's sleeping routine is discussed with the parent/carers and recorded within their personal sleep routine i.e. length of sleep, position of sleep.

- Comforters, muslins, dummies, soft toy where required should be provided from home and these will be stored with your child's personal belongings.
- If a child has a dummy and this should fall from their mouth during their sleep the member of staff will not put it back into the mouth unless the child wakes.
- A child will be settled by a member of staff unless parent/carers requests they settle themselves in a bed.
- Staff will sit with a child and pat/stroke their stomach or back or stroke side of face as requested by parent/carers.

- Staffs attend safeguarding training and appropriate methods or comfort is regularly reviewed.
- If a child settles themselves' than a member of staff will sit close to the child.

**Rest Time**

- Sleeps are usual between the period of 12.30pm-2.30pm. This can be adjusted depending on the child's usual sleep pattern
- We have a 'cosy corner' area for children to have periods of rest when they require.

Policy last review date: 2/10/23