



Sleep Policy

At The Close Day Nursery School 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 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:

Laying them down

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, you should turn them onto their back again, however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Ensure if children are going to sleep after they have eaten that their mouths are empty (some may store food)
- Babies/toddlers are monitored visually when sleeping. Checks are recorded every 10 minutes
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed

We provide a safe sleeping environment by:

- 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. beds or mats) that are compliant with British Standard regulations
- Only letting babies sleep in prams if they lie flat and we have parents' permission
- 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
- Ensuring every baby/toddler is provided with clean bedding
- 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 Risk Assess the sleep area.

- Beds not near any toys they can put in their mouths and choke on.
- Remove clothing tight around their neck, i.e any dribble bibs, hoodies, cardigans fastened too tightly undo top button
- Consider how safe their comforters are, any loose parts, buttons etc – are they age appropriate.

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The Close Day Nursery School, Prospect Road, Banbury, OX16 5HH

We ask parents to complete sheets on their child's sleeping routine with room leader (which is then shared with all other staff) when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that is not advised within the safe sleep guidelines in the nursery i.e. babies sleeping on their tummies, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so in which 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.

As children transition from Baby Room to Middle Room staff will share sleep habits and routines.

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