



Sleep Policy

It is imperative that the high quality of childcare that we provide remains our highest priority. The quality of sleep provision must be consistent throughout. In order for this to happen the following points must be adhered to.

Throughout the day children will be given the opportunity to rest and sleep appropriate to their age/stage of development and their individual needs. The individual sleep and rest pattern of children will be discussed and agreed with parents and met as far as possible within the daily routine.

Rest times

- Comfortable areas and an appropriate environment will be provided to allow children to rest as and when they wish to throughout the day.
- Opportunities will be given for children to sit quietly, listen to music, look at books and be read or be sung to.

Sleep times

- Staff will recognise that children have individual needs when being settled to sleep.
- Comfort items such as blankets, toys from home etc., will be used in line with parent's wishes and never used as a punishment or bribe.
- Staff will ensure that children are clean and comfortable before being settled to sleep.

In order to ensure that children sleep safely:

- All babies put to sleep on their backs
- All babies under 1 must sleep in **A COT.**
- Under **NO CIRCUMSTANCES** must children share a cot or sleep mat.
- Children should be placed top to tail.
- All children to have a blanket whilst sleeping
- Children will not be swaddled, unless parents have given written consent
- All sleep rooms must have adequate ventilation.
- Sleep check procedures must be adhered to, children must **not be left unsupervised** whilst sleeping, and the sleep record sheet completed.
- Babies who like to sleep on their fronts must have written parental consent.
- Children who sleep in pushchairs must have written parental consent.

- All sleep mats to be covered with a fresh sheet, and sprayed with Milton either before or after use
- All cot mattresses must be cleaned everyday with Milton
- New cot mattresses to be purchased every 2 years

Staff will help children to settle to sleep by:

- Rocking them
- Comforting them
- Rubbing their back or their hair
- Singing to them
- Reading to them

Physical restraint will never be used when settling children to sleep. If a child does not settle to sleep after a period of 15-20 minutes they will be allowed to get up and play. Children will be woken up after a maximum of 2 hours sleep.

IT CAN NOT BE STRESSED ENOUGH THAT THE HEALTH AND SAFETY OF THE CHILDREN IS OF PARAMOUNT IMPORTANCE.