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| EYFS: 3.59 |

At Little Saints 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’s sleeping is paramount. Our policy follows the advice provided by The Cot Death Society to minimise the risk of Sudden Infant Death. We make sure that:

* Toddlers are placed on their backs to sleep, but when babies can easily turn over from the back to the stomach, they are allowed to adopt whatever position they prefer to sleep.
* Toddlers are never put down to sleep with a bottle to self-feed
* 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:

* Monitoring the room temperature
* Using clean, light bedding/blankets and ensuring Toddlers are appropriately dressed for sleep to avoid overheating
* Only using safety-approved suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations, and with a clean fitted sheet.
* Only letting Toddlers sleep in prams if they lie flat and we have parents’ written permission.
* Ensuring every toddler is provided with clean bedding.
* Transferring any toddler who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
* Having a no smoking policy.

We ask parents to complete sheets on their child’s sleeping routine with the child’s key person when the child starts at nursery and these are reviewed and updated at timely intervals. 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. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

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.

Further information can be found at:

<http://fsid.org.uk/page.aspx?pid=426> <http://www.healthychildcare.org/pdf/sidschildcaresafesleep.pdf>

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| **This policy was adopted on** | **Signed on behalf of the nursery** | **Date for review** |
| *6th October 2020* | *L.Quigg* | *October 2022* |