

# Safe Sleeping Policy

## What this policy covers

Katies Kinder Care Nursery operates a Safe Sleep Policy.

Our policy requires that the key person or manager discuss the Safe Sleep Policy with a child's parent or guardian at the All about Me meeting. Parents must sign a statement that they received a copy of the policy and that the policy has been discussed with them.

Parents will be asked what their sleeping position is at home.

"Back to Sleep" is recommended by the Foundation of Sudden Infant Death Syndrome (FSIDS).

Some babies have medical conditions that require stomach sleeping. If the parent insists that their baby be placed on his /her stomach or side to sleep, they will be asked to provide a note from the baby's doctor that specifies the sleeping position; this note will be placed within the baby area or sleep room.

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.

All about me information is filled out by the parent/carer when their child starts settling into the nursery and this is updated at timely periods to review.

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

**REST AREAS** Within each room there are quiet rest areas with soft seating and cushions and floor mats where children can go if they wish to rest and relax. Baby room has a separate cot room situated away from noise and other distractions off the Baby Room.

Each child and baby has their own bedding.

Sleeps are recorded on The Blossom app that we use so parents are aware of sleep times, how long they have slept and where.

The preferences and wishes of parents are always valued and respected and staff work closely with them, especially in the baby room, 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. 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 provided it is also clearly in the child's best interests. We will never force a child to stay awake or go to sleep.

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. Parents may wish to provide dummies for their little ones for they too can provide comfort during rest and sleep times. 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 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. Quiet areas in the classrooms 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.

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. The children in the cot room will be monitored every 10 minutes.
- 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 (thermometer in the cot room)
- Using clean light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only having Safety approved cots (or other suitable sleeping equipment, i.e. mats) that are compliant with British Standard regulations
- 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 each baby/toddler is provided with clean bedding
- Should a baby fall asleep while being nursed by a practitioner they will be transferred to a safe sleeping surface to complete their rest

Babies have a separate Cot Room in addition to the beds in their room. Staff supervise children when they are sleeping. When babies fall asleep in a pram during a local trip in accordance with parental permission they will be physically checked every ten minutes.

Babies and children whose parents request that their child must sleep in a pram must sign to give permission for this as our recommended safe sleep places are in a cot or on a sleep mat on the floor.

Toddlers sleep in the quiet room on mattresses.

Toddlers tend to nap after lunch, however quiet rest areas where large cushions are available ensure they can have a rest whenever they desire.

Familiar staff and key carers settle the toddlers down for their naps and quiet music/white noise is played for them.

A practitioner remains either in the room or within earshot at all times when children are sleeping.

All parents of babies cared for in this nursery will receive a written copy of our safe sleep policy before admission.

We have a no smoking policy.

Babies are to be awake when arriving at nursery. If a baby is asleep when a parent drops off we ask that the parent wakes the baby before leaving them in our care.