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**Beaumont Community Preschool & Childcare Groups**

**Sleep and rest time & Safe Sleeping**

**Policy statement**

At Beaumont Community Preschool & Childcare Groups we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep.

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....

• We ask parents to share details on their child’s sleeping routines with the child’s key person when the child starts at the setting.

* 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, the can be left to find their own position

• Babies/toddlers are never put down to sleep with a bottle to self-feed unsupervised.

• Babies/toddlers are monitored visually when sleeping. Checks are recorded every 10 minutes and babies are always within sight and/or hearing of staff.

• When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed.

• As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families

We provide a safe sleeping environment by:

• Monitoring the room temperature

• Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.

* When children are sleeping items such as bibs, soother cords, shoes, hooded clothing, headbands and jackets/coats or any other items that could cause harm must be removed.

• Only using safety approved cots or other suitable sleeping equipment (mats) that are compliant with British Standards regulations, and mattress covers are used in conjunction with a clean fitted sheet

• Children are never placed/left to sleep in a buggy/pram/pushchair or bouncy chair. If children fall asleep on an outing they are moved to a cot once back at the setting.

• Not using cot bumpers or cluttering cots with soft toys, although comforters will be given where required and checked for any potential hazards.

• Keeping all spaces around cots and beds clear from hanging objects – hanging cords, blind chords, draw string bags

• Ensuring every baby/toddler is provided with clean bedding

• Transferring any baby who falls asleep while being nursed by a practitioners to a safe sleeping surface to complete their rest

* If children fall asleep in-situ, it may be necessary to move or wake them to make sure they are comfortable.

• Having a no smoking policy

• Blankets are not placed over cots or prams to ensure that we can see the child at all times and to ensure the blanket cannot fall on the child

We recognise parents’ knowledge of their child with regard to sleep routine 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 changed 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.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins and will not put them together in the same cot to sleep. Further information can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Daily Sleep Routine information for staff

• Cotton sheets and lightweight blankets should be used so that child’s comfort can be maintained by removing or adding layers

• Place the child’s bedding on the bed/cot and place the child on their backs to sleep

• Do not let the baby/child get too hot or too cold

• Keep child’s head uncovered when sleeping

• To prevent the child from wriggling down under the covers, Place the child’s feet at the foot of the cot/bed and make up the bed so that the covers reach no higher than the shoulders

• Covers should be securely tucked in so they cannot slip over the child’s head

• Record child’s sleep time on the sleep chart and check every 10 minutes recording each check on the chart by ticking and initialling

• Separate clean cot bedding is used for each child and washed at the end of every day.

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| This policy was adopted by |  | *(name of provider)* |
| On |  | *(date)* |
| Date to be reviewed |  | *(date)* |
| Signed on behalf of the provider |  | |
| Name of signatory |  | |
| Role of signatory (e.g. chair, director or owner) |  | |