

Safeguarding and Welfare Requirement: State here which EYFS Safeguarding and Welfare Requirement this document relates to.

3.28, 3.30, 3.59



Sleep Policy

Policy statement

At Cotswold Bunnies, we believe that effective rest and sleep strategies are important factors in ensuring a child feels safe and secure in our environment.

We recognise that each child is special and unique, with their own individual needs. We work closely with the parents/carers of the children in our care to ensure the consistency of practice between home and setting. This also allows us to discuss and take account of the wishes of parents/carers daily. Whilst we always take parent/carers' requests into account, we will use our professional judgement in determining the rest and sleep needs of every child. The welfare/wellbeing/safety of every child is paramount.

No baby will be left for an inappropriate amount of time in which to become distraught nor will children be woken unnecessarily. Educators will speak sensitively to parents/carers about why sleep and rest are important for their child and how children have the ability to self-regulate their sleep.

Procedures

Sleep positions, environment and equipment

- Cotswold Bunnies has cots and mats in for sleeping. Only non-mobile babies or babies that have not mastered pull to standing will be put to sleep in the top of the bunk cots. This is at managers discretion.
- The mats and cot mattress will regularly be checked for any damage, and ensuring it is a firm, flat surface.

- We do not allow children to sleep on bean bags, bouncers or rockers.
- We do not use pillows, cushions, weighted blankets or quilts/duvets. This is due to the unnatural position it puts the head in and the risk of overheating or suffocation.
- Babies under 1 will be placed on their back to rest. If older babies turn over during their sleep, we allow them to find their own sleeping position, but always lay them on their back when first placing them to rest.
- Children sleeping on mats will be spaced apart from one another and placed head to toe to avoid face to face sleeping. Children should be placed at the foot of the mat or cot.
- Any blankets used must be a cellular blanket with holes for air flow and must not go above the child's arm pits. Parents may provide a sleeping bag for their child to sleep in, but staff reserve the right not to use them if they feel they are unsuitable for any reason.
- **Under no circumstances do we swaddle children.**
- The environment surrounding the sleeping child should remain clear at all times. This includes moving all furniture away, as well as any toys or clothes.
- Music or white noise conducive to sleep is played to encourage sleep.

Sleep Checks

- Sleeping and resting children will sleep individually in a cot or on a mat and will be closely monitored, with a physical check carried out every 10 minutes. These checks must include;
 - Checking breathing
 - Skin Temperature (cool hands and feet are normal, the best place to check if they are too hot is the chest of the back of the neck)
 - Room Temperature
 - Loose covers
 - Position of any comforters (these should be removed if they are deemed a risk)
 - Sleep position
- A timer will be set to go off every 10 minutes, then one member of staff will check the sleeping children.
- Checks will be documented on a sleep chart, which is displayed prominently in each room. These checks must take place and be documented, even if a member of staff is staying in the room with the children. Children should be monitored at all times, with either a member of staff in the room with them, or a video/sound baby monitor on in the room.

- All rest and sleep areas have a maintained temperature of between 16-20°C (following safer sleep guidance stated on The Lullaby Trust website), and airflow if required. Every room has a digital room thermometer and temperature is regularly checked. If a child is found to be sweaty or clammy, they are too hot and they should have layers removed.
- Children who are unwell will be given the highest supervision priority and monitored constantly.

Sleep Preparation


- Children will have necessary clothes removed including socks, teething bracelets, hairbands and hairclips to ensure a comfortable sleep.
- Any long sleeves that are still worn, must be pulled down to ensure there is no impact on the child's circulation.
- Staff should refer to the Lullaby Trusts advice on sleep clothing for the temperature of the room.
- Dummy clips will be removed from the child's clothing and sleeping space.
- Each child will sleep on fresh bed linen.
- Sleep beds will be sprayed with an antibacterial spray after each use and at the end of each day.
- All sheets and blankets will either be named with a sticker and used again for that named child or will be laundered daily and stored in a clear plastic box or cupboards.
- Staff should use professional judgement as to how long you spend getting children to sleep. Children should be given autonomy.
- Any sleep limits that are discussed with parents at settling in, or during handovers, will be adhered to. Any changes to these will be discussed with parents and noted within the room (this is down to the room leader to monitor). All staff will be made aware of any changes to routine.

Any parental request for deviation from our practice must be discussed with the manager.

Legal framework

Lullaby Trust Sleep Advice followed at all times

Further guidance

This Policy was adopted by:		Cotswold Bunnies Nurseries Ltd	
On:	01/10/2024	Date to be reviewed:	01/10/2025
Signed on behalf of the Provider:			
Name of Signatory:	Pippa Collins		
Role of Signatory (e.g, Chair, Director or Manager)	Manager		