



Little Seedlings and Seedlings

Sleep and Rest Policy

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1.0 Aims and Expectations

1.1 The purpose of this policy is to outline how we aim to provide a safe and relaxing area for children in our nursery setting to sleep or rest.

1.2 To outline how we work together with parents/guardians to ensure that the sleep and rest needs of all children in our care are met.

1.3 To ensure that our practice around allowing children to sleep in our nursery settings is transparent and consistent.

1.4 To outline how our practice meets the latest guidance in reducing the risk of Sudden Infant Death Syndrome by meeting the advice provided by The Lullaby Trust.

2.0 The Importance of Sleep and Rest

2.1 At Seedlings Nursery and Little Seedlings Nursery we understand that sleep and rest is an important part of a young child's overall development. We recognise this by:

- a. Gathering information from parents and guardians prior to a child starting in nursery regarding their sleep patterns and routines
- b. Responding to individual children's needs by acting upon the communication given by parents and guardians.
- c. Providing a quiet, designated rest space within the nursery with sleep mats or cots
- d. Recording the time a child falls asleep and when they wake
- e. Checking on sleeping children at regular 10 minute intervals and recording that these checks have taken place
- f. Ensuring that no choking hazards are taken into the rest space
- g. That the sleep space is kept hygienically clean on a daily basis

3.0 Safer Sleep Practices

3.1 The Lullaby Trust, along with many other organisations, provides advice for parents and professionals working with babies and young children to reduce the risk of SIDS. We have used this advice to form this policy.

3.2 The Lullaby Trust defines SIDS as: The sudden and unexpected death of a baby is usually referred to by professionals as 'sudden unexpected death in infancy' (SUDI) or sudden unexpected death in childhood (SUDC), if the baby was over 12 months old. Around 89% of SIDS deaths happen when a baby is six months old or less. After this time, the risk is reduced, however SIDS can still happen so it is best to continue the safer sleep routines you have built up over time.

3.3 Around 230 babies and toddlers still die every year from sudden infant death syndrome (SIDS) in the UK. Research has shown that several maternal and infant care factors are more commonly associated with babies who die of SIDS than those who do not.

3.4 While it is clear that not all the factors are modifiable, there are some that you can change in order to reduce the risk of SIDS. It is these modifiable factors that we follow as a nursery setting in order to reduce the risk.

3.5 Within our nursery setting babies will only be placed into a cot on their back to sleep. Exceptions to this rule will only be made if a doctor advises otherwise in writing due to a medical need. If a baby is able to roll onto their front and back again during sleep they will not be moved, but will continue to be checked at regular intervals.

3.6 Babies will be permitted to sleep using a dummy if this is a part of their normal routine. Some research suggests that use of a dummy ('pacifier' or 'soother') has been found to be associated with a lower risk of SIDS, although it is not clear why this is (Lullaby Trust 2019). However, it is important to note that dummy use is not recommended as a way of reducing SIDS.

3.7 Babies in our setting will be put down to sleep in a cot or sleep mat with a firm, flat, waterproof mattress with no soft or cushioned areas.

3.8 A baby or child's head should be uncovered and no hats worn during sleep inside.

3.9 Babies will be placed with their feet to the bottom of the cot.

3.10 Pillows, quilts, cot bumpers, or positioners will not be used in cots.

3.11 Within Little Seedlings nursery babies will be placed to sleep in a sleep bag that is appropriate to their size and is designated to them. The tog of the sleep bag will also be appropriate to the temperature of the room. Babies will also have their own designated cotton bedding sheet.

3.12 The temperature of the room should always be between 16 and 20 degrees centigrade and will be monitored at all times.

3.13 Toddlers will be able to position themselves into a comfortable position on a sleep mat using a blanket if they wish to.

3.14 Babies and toddlers will have any hair accessories removed if they could pose a potential risk of detaching during sleep.

3.15 Babies and toddlers throughout our nursery settings will have the time recorded when they fell asleep, as well as the times of the 10 minute interval checks. This information will be recorded on a chart within the sleep area. Parents/carers will be informed daily at what times their child slept, as well as the duration of each sleep period.

3.16 If children fall asleep in-situ they will be moved to their designated safe sleeping space following the above guidance.

4.0 The Sleep Environment for Babies and Children under 2 Years

4.1 There is a designated quiet sleep space where cots and sleeping mats are situated within the Little Seedlings room. This area is not accessible to playing children whilst it is in use.

4.2 Within the sleep area lights can be dimmed and if necessary soothing sleep sounds or music can be played to help soothe babies and children going to sleep.

4.3 Children are able to bring in their own comforter from home to aid them in settling down to their naps.

4.4 Babies are prepared for sleep by their key person. Nappies are changed and heavier clothing removed.

4.5 Babies are soothed by their key person. If required, their key person will comfort them by gently stroking or patting them.

4.6 Babies under 1 will always be placed to sleep within a cot.

4.7 In discussion with parents, children over the age of 1 can sleep on the equipment that is best suited to their developing needs, which could now include the option of a sleeping mat.

4.8 Staff can view the sleeping children at all times, and will check on them at regular 10 minute intervals.

4.9 Staff will not usually wake a sleeping baby or child. However, if a child has slept for longer than their usual pattern of sleep and staff feel concerned for the child's wellbeing, they may attempt to wake them. Staff may contact a parent to ask their wishes in this scenario.

5.0 The Sleep Environment for Children Aged 2 and Over

5.1 Within the Serpentine (toddler) room there is a designated quiet sleep space where sleeping mats are situated. This area is not accessible to playing children whilst it is in use.

5.2 Within the sleep area lights can be dimmed and if necessary soothing sleep sounds or music can be played to help soothe babies and children going to sleep.

5.3 Staff can view the sleeping children at all times, and will check on them at regular 10 minute intervals.

5.4 Toddlers are prepared for sleep by their key person. Nappies are changed and heavier clothing is removed.

5.5 Children are soothed by their key person by gently stroking or patting them if required.

5.6 Children have a suitable place to store their shoes and comforter if they have one.

5.7 Staff will not usually wake a sleeping child. However, if a child has slept for longer than their usual pattern of sleep and staff feel concerned for the child's wellbeing, they may attempt to wake them. Staff may contact a parent to ask their wishes in this scenario.

6.0 Opportunities for Rest Within the Nursery Settings

6.1 Children and babies are given opportunities to rest and there is a variety of spaces and furniture which can provide places to sit, lie and relax if a child chooses to do so.

6.2 All children are able to take opportunities to rest and have more peaceful learning periods. This may be in the way of reading books, listening to music or stories with an adult, or spending time in a designated quieter area.

7.0 Parental Wishes

7.1 Prior to a child starting our nursery, we gather information in our All About Me sheet, around the child's sleep patterns, routines and any concerns the parent has about their sleep.

7.2 Parental wishes for their child's sleep are always taken into consideration, although staff will not force a child to sleep, to wake up, or to keep a child awake against his or her will.

8.0 Policy Review

8.1 If for no other reason this policy will be reviewed every two years.