



Sleep Policy

At Brentwood Day 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 sleeping is paramount. We always make sure that:

- Children are laid down on their sides or backs
- Children are never put down to sleep with a bottle to self-feed
- Children are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed
- Children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding or blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Only using suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations
- Using a firm and flat mattress and waterproof mattress covers in conjunction with a clean fitted sheet
- Not placing any toys or equipment near to a sleeping child, although comforters may be given where required
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every child is provided with clean bedding labelled for them and working in partnership with parents to meet any individual needs, e.g. if a child prefers to sleep in a sleeping bag, we will ask parents to bring one from home
- Cleaning all bedding as required and at least weekly
- Transferring any child who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a No smoking/vaping policy.

We ask parents to complete forms 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 parent 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 unless this has been discussed and agreed.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children

that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

This policy was adopted on	Signed on behalf of the nursery	Date for review
30.05.24	<i>RL Austin</i>	31.05.25