

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 **never** left to sleep in a separate sleep room without staff supervision at all times
- Children are laid down on their sides or backs
- Children are never put down to sleep with a bottle to self-feed
- Staff are always present to monitor children when sleeping looking 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 temperature; opening windows and/or using fans set up at a safe distance from sleeping children to keep the room cool in the warmer months
- Using clean, light bedding or blankets and ensuring children are appropriately dressed for sleep to avoid overheating
- Only using suitable sleeping equipment (i.e. sleep mats) that are compliant with British Standard regulations, bean bags **never** used
- Using a firm and flat waterproof mattress 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 mattresses 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
- Ensuring children are toileted or have a fresh nappy before being laid down

Parents complete sleep information on their registration forms and discuss this with their key person during their induction, this information is 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.

Sleep routines are organised according to the needs of the group. We create an environment that helps to settle children that require a sleep, for example dimming the lights and/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.

Signed on behalf of the nursery
<i>RL Austin</i>