

SLEEP POLICY

POLICY STATEMENT

At Happy Dayz 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 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.

HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures):

We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position.
- Babies/toddlers are never put down to sleep with a bottle to self-feed.
- Babies/toddlers are monitored visually when sleeping, looking for the rise and fall of the chest and if the sleep position has changed.
- Checks are recorded every 10 minutes.
- Babies and 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/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.
- Only using safety-approved cots or other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- Not using cot bumpers or cluttering cots with soft toys, 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 baby/toddler is provided with clean bedding and working in partnership with parents/carers to meet any individual needs for example if a child prefers to sleep in a sleeping bag, we will ask parents/carers to bring one from home.
- Cleaning all bedding every week or more often if needed, e.g. if a child wets on the sheets.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.

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. A child will not be woken unnecessarily. Any deviation from our practice must be discussed with Senior staff or Management.

Individual sleep routines for babies 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, using soft music, where applicable whilst ensuring that we continue to meet 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/children.

Comforters and Comfort blankets

Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children especially when they are new to the nursery and during rest and sleep time. Parents may also wish to provide dummies for their little ones as a comforter. (Please see separate dummy policy)

All babies and children are different and may like to be comforted in various ways to soothe them to sleep.

Forms of comfort that are acceptable are listed here:

- Gently patting a baby or child's back or bottom
- Rubbing a baby or child's back
- Rocking a child to sleep, hand on back
- Stroking a baby or child's face/ hair/ neck/ tummy

Quiet Areas

There is always an available quiet space in every play room where a baby/ child can take them selves to lie down/ sit and rest/ nap if they wish to do so. These areas will have soft cushions for babies/ children to relax on.

Staff will discuss any changes 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.

Further information can be found at:

<https://www.lullabytrust.org.uk/>

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By: Natasha Adams and Emma Johns

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